

THE SAN FRANCISCO AND BAY AREA

SECOND
EDITION



PEOPLE'S

YELLOW

PAGES

\$1.50

THE PEOPLE'S Yellow Pages

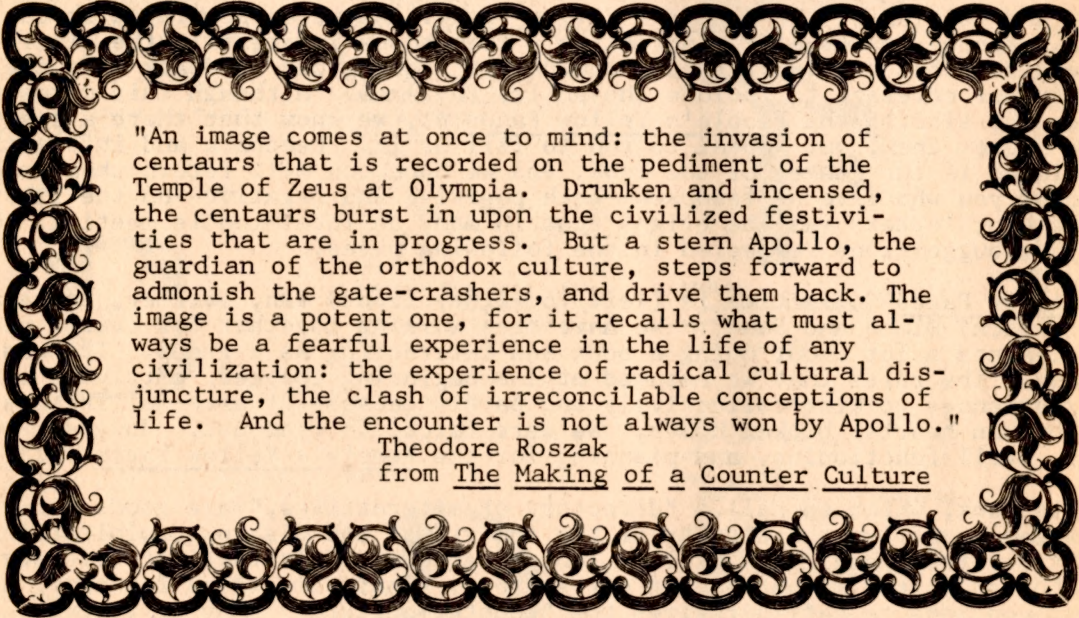


No. 2

MADE AND DISTRIBUTED BY THE PEOPLE'S YELLOW PAGES COLLECTIVE, WHO ARE:

**Donna Goddard, Shirley Lustig, Diane Sampson,
Sandy Taylor and Jan Zobel**

With Many Thanks to all the friends who helped us: Corrine Camp; Planned Parenthood of San Francisco, especially Pat; Lani Silver; Dick, Andrea & Pat, Herb, Jim, Gary; All the folks who donated illustrations, Toby Klayman, Steve Kelly, Julie Halprin, Guy Hann; and to all those close to us who put up with our late hours, bad humors, and one track minds.



"An image comes at once to mind: the invasion of centaurs that is recorded on the pediment of the Temple of Zeus at Olympia. Drunken and incensed, the centaurs burst in upon the civilized festivities that are in progress. But a stern Apollo, the guardian of the orthodox culture, steps forward to admonish the gate-crashers, and drive them back. The image is a potent one, for it recalls what must always be a fearful experience in the life of any civilization: the experience of radical cultural dis-juncture, the clash of irreconcilable conceptions of life. And the encounter is not always won by Apollo."

Theodore Roszak
from The Making of a Counter Culture



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• photo by Lani Silver •

BY POPULAR DEMAND, We're doing it again!

Here is the second edition of the People's Yellow Pages. We were encouraged in our efforts by the response to issue #1, indicating a tremendous interest in the alternative goods and services available in the community. Taking our feedback as a cue, we have expanded our coverage to include the entire Bay Area. Although this makes the book over twice the size of the People's Yellow Pages #1, we know that there are still omissions. We regret them, but appeal to you to fill us in. Feedback and information sheets are included in the center of the book, and we hope you will return them to us. We thank those of you who gave us feedback--both positive and negative--on the first issue. Reading your letters was the bright spot in many an interminable meeting. We hope you see your suggestions reflected in the following pages.

The People's Yellow Pages Collective is (left to right, front) Jan, Shirley, Donna and (left to right, back) Diane and Sandy. We have been working together for over a year now, and have learned a lot about doing a book and interacting as a group. It hasn't always been easy. The roles that we assumed at the beginning changed, partly as a result of our experiences working collectively and partly because of external factors--broken bones, broken hearts, broken homes. We were forced to readjust. However, we're still together, still functioning, and planning for the People's Yellow Pages #3.

Included in this book, which we call a "directory of alternatives," are goods and services that seem to affirm the dignity of the individual and disavow exploitation. Perhaps, some time, these qualities will no longer represent "alternative" life styles, but will be embodied in the mainstream of our society. That time seems far away, however, and so we continue to call ourselves the "counter-culture." May it thrive.

With Love,

Jan

Diane

Shirley

Sandy

Donna

This book is available for \$1.50 at bookstores and other shops throughout the Bay Area, or from the People's Yellow Pages Collective, Box 31291, San Francisco, California, 94131 ** Send \$1.50 plus 25¢ for postage and handling.

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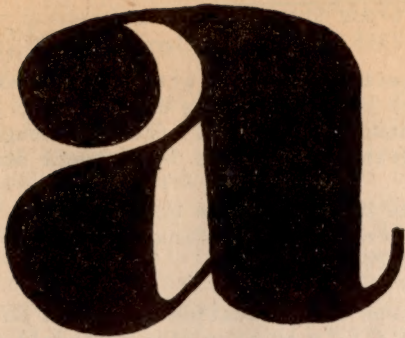
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Association for Repeal of Abortion Laws

P. O. Box 6083, SF
387-6480

A movement organization working to repeal all existing abortion laws.

The Abortion Information Data (AID) Bank

Box 26462, SF 94126
398-6222

Operated by Zero Population Growth Fund, the AID Bank provides women with the names, addresses, and fees of doctors nearest their home offering legal abortions. Information on insurance and welfare benefits is also available. The fee is \$5.

ABORTION

Abortion Information Service of the Problem

Pregnancy Information Center

P.O. Box 9090 Stanford, California 94305
851-2300 or dial A-B-O-R-T-I-O-N

Referrals for contraception, free or inexpensive pregnancy testing, and low or no-cost abortions or delivery. Free counseling about pregnancy alternatives and help with arranging adoptions. No charge for services.

Women's Abortion Coalition

130 - 10th Street, SF 94103
864-0500

A coalition of women and organizations working for the repeal of all abortion and restrictive contraception laws and against forced sterilization. They are initiating a class action law suit, Women vs. California, challenging the constitutionality of California abortion laws. They invite all California women of child-bearing age to show their support by becoming co-plaintiffs in this suit.

Abortions in California

The California Therapeutic Abortion Act provides that a woman may obtain a therapeutic abortion through and not after the 20th week of pregnancy if the pregnancy resulted from rape or incest, or the woman is under 15 years old at the time of conception, or if there is reason to believe that continuation of the pregnancy would impair the physical or mental health of the mother. Nearly all abortions are performed under the mental health clause which is interpreted to mean that the mother's mental health is likely to be endangered if she continues the pregnancy, rather than that she has some mental health problem now. Thus, approval of a psychiatrist for an abortion is not required. A pregnant minor does not need parental consent for a therapeutic abortion. Abortions range in price generally from \$200-450 but any woman that wants an abortion is able to get one even if she can't afford \$200. Sometimes a woman will qualify for a free abortion through Medi-Cal. The best procedure is for a woman to seek information and/or counseling through one of the places listed below or one of the places listed in the section on pregnancy testing and counseling. The most important thing about an abortion is that it should be done in the early stages of pregnancy (preferably before the 12th week).

Society for Humane Abortion

P.O. Box 1862 SF 94101
387-6480

An educational, non-profit organization. Believes that every woman seeking an abortion is entitled to proper medical care without harassment or red tape. Campaigns neither for nor against abortion but for the kinds of social, medical, and legal conditions under which women who elect to undergo abortion can receive good, inexpensive, prompt, and dignified abortion care. Prints newsletter, articles, bibliographies, and other materials. Provides speakers to interested groups. Newsletter and information packet sent on request.



Women's Need Center

531 Clayton, SF 94117
621-1003

A complete abortion counseling service including initial abortion counseling, supportive services throughout the hospital stay, counseling follow-up. All services are free.

Family Planning Alternatives

265 Meridian Ave., San Jose 95126
(408) 289-9011

Early abortions are \$200 with no extra charges.

Aikido

San Francisco Aikikai
674 S. Van Ness
626-3767 or 282-0193

"A non-profit membership club whose purpose is to teach, spread, and perpetuate the philosophy, principles, and techniques of Aikido...a means of self-defense and a Way to understand earthly life through the study of the energy flow of the universe." Visitors welcome to watch classes. Call for schedule.

ALCOHOLISM

Alcoholism Services of the Alameda County Health Care Services Agency

This agency provides a number of services for people with alcoholism problems. As in San Francisco, the services represent the needs of the individual at various stages of his rehabilitation. Some people begin at stage 1 and continue on to the out-patient clinics; others do not. In other words, you can avail yourself of all the services or some, entering at any of the levels. The services are as follows:

Acute Medical Unit at Highland General Hospital

1411 E. 31st St., Oakland Ward C2, Mental Health Bldg.)

534-8055, ext. 392-394

20 beds for short-term care of people detoxifying. Medical treatment, referrals, etc. to prepare you to be on your own. People entering at this stage are usually referred through the out-patient clinics or hospitals, where they have had a medical screening. Fee based on sliding scale, but no one is turned away for lack of funds.

Alameda Co. Central Alcoholism Clinic

499 5th Street, Oakland

874-7194

An out-patient facility for people with alcoholism problems. Group therapy, individual counseling, therapy for married couples, job counseling, rehabilitation services. No charge for anything, everyone with alcoholism problem is eligible. Some are referred from the Acute Medical Unit at Highland, others apply directly. To apply, call for an appt. between 8:30 and 5:00 Mon-Fri. You will then come in for an interview with an individual counselor and a physical examination by a physician. If accepted, you can start almost immediately. They also work with other community agencies making relevant referrals.

Eden Alcoholism Clinic

15001 Foothill Blvd., San Leandro

351-8000, ext. 437

Roughly the same services as the Alameda Co. Central Alcoholism Clinic.

Bureau of Alcoholism

101 Grove St., SF, room 216

558-2356 (administration)

This is a Specialty Service within the Community Mental Health complex. It is divided into 3 basic segments, and patients often (although not always) progress through the 3 treatment stages.

1. The Acute Detoxification Unit
Ward 52, San Francisco General Hospital
22nd and Potrero, S.F.
648-6016

Voluntary acute detoxification for those on the verge of the d.t.'s or otherwise seriously ill from drinking. Medical care provided here during the critical detoxification period. If you want admittance but can't telephone, go to the Emergency Entrance of S.F. General and ask for one of the admitting officers for ward 52. When acute detoxification is complete, the patient may be referred to:

2. Clarendon Hall, the Alcoholism Evaluation and Treatment Center of Laguna Honda Hosp.
375 Laguna Honda Blvd., S.F.
664-1580, ext. 324

Patients are referred here from Acute Detoxification, or apply on their own by calling for an appointment. There are both in- and out-patient facilities, and services include medical and psychiatric care. The average in-patient stay is about 1 month. Some (but definitely not all) patients, when discharged, go to:

3. Themis House
120 Julian St., S.F.
861-9933

This is a self-help residence or halfway house for alcoholics, designed to aid in the rehabilitation process so that the resident can get back on his feet, support himself, and function without drinking. Residents run the house themselves, cooking, cleaning, etc. Group therapy 3 times/wk. Maximum capacity is 15 and both men and women are eligible. At present more women are needed. Residents are often referred from Laguna Honda or the New Start Center, but individuals referred by a private physician may also be accepted. High motivation and potential for being self-supporting are qualities looked for in the pre-acceptance screening. If interested, call for a screening appointment. Hours are 8 a.m. - 4:30 p.m. M-F and 8 a.m. - noon Sat.

Fees for all Bureau of Alcoholism Services are adjusted to the individual's ability to pay. The individual's participation is always voluntary, and there is never any question of "commitment".

Men's Social Service Center

(Salvation Army)

1500 Valencia St., SF

647-7000

Long term care and treatment center for men with various social (such as alcoholism) and physical problems.

2



Alcoholism Information and Rehabilitation Services

110 Blue Ridge Dr., Martinez
939-6336

A division of the Contra Costa Co. Health Dept. It offers all sorts of therapy to people with alcoholism problems and their families. Also vocational rehabilitation, job training, and referrals. Fees on a sliding scale according to ability to pay, but no one is turned away for lack of funds. They also run clinics one day a week in Richmond and Pittsburgh. Call for an appt. M-F from 8-5. Initial interviews are Wed. mornings there, Tues. mornings in Richmond.

National Council on Alcoholism

Information and referral service. They will talk to people seeking help and determine which resource in the area would be best to refer to:

San Francisco

2340 Clay St., 346-1480

Alameda County

431 30th St., Oakland, 834-5598

San Mateo County

P.O. Box 189, San Mateo, 347-1249

Marin Institute

412 Red Hill Ave., San Anselmo
454-4832

A psychological clinic serving individuals with problems around alcohol or other drug abuse. Call for information or an appointment. Fees are on a sliding scale.

Stepping Stone

255 10th Ave., SF
751-2921

Live-in residence for women alcoholics providing spiritual, mental and physical rehabilitation and counseling. \$35 a week.

*Unless we all have plenty
one of us will become a thief
the thief will make you angry
you will hurt him*



*This will hurt his children
they will punish you
this will hurt your children
and that's how it begins...*
from "To Believe in Man", Joseph Pintauro

Alcoholics Anonymous

Discussion sessions for alcoholics. Call for the address of a group near you.

Alameda County

Alameda - 523-1843

East Bay Intergroup Central

Office - 653-4300

El Cerrito - 232-9807

Southern Alameda County Service
Center, Oakland - 538-2100

Contra Costa County

Walnut Creek - 939-4155

San Francisco County

San Francisco - 982-4473

San Mateo County

San Mateo - 344-6811

Santa Clara County

Palo Alto/Menlo Park - 326-9691

San Jose - 297-3555

Sunnyvale/Mountain View/ Los

Altos - 948-3635

Alcoholism Clinic

Presbyterian Hospital of Pacific Medical Center
Sacramento and Webster Streets, SF

931-8000, ext. 359

Outpatient medical treatment for acute and chronic alcoholism. Mon.-Fri., 12:30 pm to 3:30 pm. No appointment necessary but new patients must register before 3:00. \$5 per visit or Medi-Cal.

Morris Project

New Start Center

40 Holland Court, SF (near 4th and Howard)

771-8800, ext. 332

Provides live-in treatment for five or six men at a time with alcoholism problems who wish to detoxify. Average stay is five days, with appropriate medical treatment. No fee but open only to those who have no income.

ALPHA WAVES

Inner Space Electronics

P.O. Box 308, Berkeley, Ca. 94701

Ray Chamberlin

Designs Alpha-wave feedback and related equipment. He makes "units fabricable in homes without much machinery outlay." \$70.00 for feedback unit.

Noogenesis, Inc.

67 Mullen Ave., S.F. 94110

826-0533

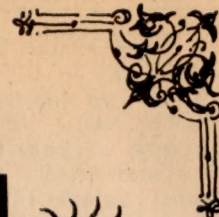
"A non-profit corporation devoted to education and research in bio-feedback training...Weekly lessons at reasonable fees." Call for more info.

Alpha House

P.O. Box 16041, SF 94116

Training in alpha brain wave control is a drug-free way to reach a relaxed mind and body. Cost is \$20-35 for 10 hours of class on bio-feedback instruments.

3



it's already happening

This is a book about



ALTERNATIVES



There is a vast cultural revolution happening. This book attempts to trace some of its footprints in the sand--not with theories and analysis, but by simply listing people and programs that are happening in the alternative or "counter culture."

So many of the things that are happening defy being categorized--a healthy sign of life. There is a flow of energy which cannot be contained in oversimplified terms.

But there are certain basic themes which may be seen in all this diversity: a passionate desire to get back in touch with ourselves and with the earth as our source of being--from encounter to transcendental meditation. There seems to be a coming together of forces/things which on the surface are diverse. This can be seen in the frequent merging of forms--dance, drama, yoga, sense awareness, awareness of the food we eat, becoming aware of the intricate links between our bodies, our emotions, and our selves. Scientists are looking into the occult, people interested in getting wholesome food are getting political and organizing "food conspiracies."

So along with the turning inward, there seems also to be heightened sense of social awareness--a passionate sense of our brotherhood and sisterhood.

We may be without money, but even our "poverty" has taken on a sense of meaning. The previous generation felt petty about turning off lights to save electricity and impoverished if they couldn't afford a car. We are happy to be conserving the limited energy sources of the earth. Infinite linear "progress" is being seen for the illusion it is. We turn yearningly to Thoreau and think of moving to the country...not to escape, but to rediscover our roots.

So long as technology and our economic system remains exploitative and linked to war, we will seek alternatives. We think we can do better than the high rise economists and the freeway freaks zooming out to the suburbs to consume their plastic products. We are learning to make and grow our own, to create our own music and art, our own work and play, and to control our education and health. We are seeking new forms of community and new ways of sharing. Some major alternative centers are:

Family Mix

43 Mariposa Ave., San Anselmo 94960
456-5300

A center for many groups. Sponsors a learning cooperative where people can share what they do or know. They also have an answering service for jobs, housing, rides, and other questions. Family Mix sponsors a free clinic, a printer's cooperative, and has plans for other types of cooperatives. They will be happy to consult with other people on how they operate. \$3.50 for membership in the Family Mix.

Symbas, Inc.

Project One, 1380 Howard, SF 94103
626-0267

A non-profit corporation which seeks to merge humanism, ecology, and technology into positive alternatives to existing institutions and urban forms. ECOS and Symbas School are projects of Symbas, Inc.

Portola Institute

1115 Merrill Ave., Menlo Park, Calif.
323-5155

Portola Institute is a non-profit corporation involved with affiliated groups, some of which are organized for non-profit purposes and others organized for profit-making. The objective of the Institute is to evolve useful economic practices as well as opportunities for learning in the world. One of their projects is the Media Access Center.

Outlaw Institute

P.O. Box 1474, Palo Alto, Calif. 94302

This group sponsors alternative lifestyles workshops and seminars aimed at people in their 30's, 40's, and 50's but open to all. Workshops and rap groups are held in Berkeley, Palo Alto, and San Francisco. The Outlaw Institute also publishes Black Bart Brigade, a magazine devoted to helping older people meet the changing social world of the 70's.



Project Artaud
499 Alabama St., SF
864-8798

Project Artaud, a massive warehouse containing groups and individuals mostly in the arts and crafts, is a unique living and learning environment. It is a nerve center for the new cultural forms which are emerging to express the values of the people's movement. There is an organic flow of community generated by a natural linkage of people and energy in a conducive environment...but it is a sense of community which is delicate and emerging, always in a state of flux--a community which is experimenting with the unknown and struggling with basic problems of survival.

Space is leased at 10¢ per square foot, providing relatively inexpensive working and studio space and the freedom to innovate. There is usually a waiting list of people wanting space there, but they are open to new people into creative things. The building houses such things as a cinema workshop, a dance studio, alternative schools, a modular building workshop, a chemical workshop to make organic soap, boat building, potter's studios, and carpentry and mechanics workshops. And then there are "the poets, writers, dancers, musicians, who touch the symbolic that bring emotions alive..."

The presense of the Artaud theatre has its effect on all the people there. In its stillness there is a sense of promise--of drama and excitement. It is San Francisco's largest open theatre and has been the setting of a number of benefit plays and concerts.

Project Artaud is moving toward sharing their environment to a fuller capacity with the community. One program is working to link skills and talents available at Artaud with third world students to provide alternative academic and vocational training for inner city youth.

One
1380 Howard St., SF 94103
Phone changes; call information
One is a community of 200 craftspeople, professionals, artists, and others living and working in a large warehouse which they have converted into office, studio, and living space. One includes: Symbas School - a free high school; Resource One - a computer facility for community use; an electronics firm; People's Electric - an electrical contracting firm that trains workers; ECOS Project - a group working at creating more urban communities; Airways - a radio production studio; Vietnam Vets Against the War; Music Switchboard; Optic Nerve - a video tape and photography collective; Image Works - a film processing lab, plus many artists and craftspeople.

The San Jose Aquarian Family
50 South 4th Street #5, San Jose 95113
295-9509 or 293-0224 (switchboard)
The Family is doing many good things...San Jose Free University...Red Eye underground newspaper...drug crisis intervention...Aquarian Free School for kids from 3 years old through 12th grade...Red Eye media projects...Aquarian Family Circus...switchboard...collector of addresses of food conspiracies in the San Jose area, etc.

Aquarian Family Circus
50 South 4th St., #5, San Jose 95113
(408) 295-9509
A traveling caravan of alternate life styles/philosophies/activities. "We will go where we are invited, to involve people in our circus of music, food, dancing and massage, crafts, occult oracles, extemporaneous theater...Help us turn this country on to world family, open land, balance with the earth, alternative careers and tools, and themselves."

Ecos
Project One, 1380 Howard, SF 94103
626-0267
Ecos helps people and organizations to create physical environments to suit their needs in the City, with a particular emphasis on developing diverse communities in vacant warehouse buildings. Ecos is also beginning the development of a new urban environment that will be based on real human needs, a concern for ecological balance, and utilization of contemporary technology. The new community will involve maximum participation from the beginning of all the people who will constitute the population.

Design, A Subsistence Workshop
1912 20th St., SF
282-4915
Design for social action groups, new life styles, low-income projects. Uses of technology for alternate vocations, new products for craftsmen, ideas and hardware. "No front money. If our efforts or projects result in a group earning some bread or receiving new grants, we would need a small part of the new money for 'renewal.' A member of the workshop works (usually) with other groups."

United Projects Building
330 Grove St., SF 94102
864-9115
A big warehouse that includes a number of grass roots programs...Western Addition Information line...drug detoxification and rehabilitation services...free store with household goods, clothing, and furniture...community newsletter...martial arts school...free meeting space for groups who are doing something related to the community...workshops in the arts...open rap sessions...unskilled labor job referrals...Black Light Explosion repertory dance and theater company...Youth Involvement Corps for youth ages 15-21...call to find out hours of various programs...open to everyone.

AMBULANCE

If you need an ambulance in an emergency, either dial the Operator or the appropriate number listed below:

Alameda (City of)- call the Police Dept. at 522-1291. The person will be taken to the Alameda County Emergency Hospital. The ambulance service will try to bill the person but if s/he can't pay, the city will pay.

Berkeley- 644-6921. For Berkeley only. No charge. The person is taken to Herrick Hospital. Marin- 472-2155. The person will be taken to Marin General or, if in North Marin, to Novato General. The ambulance service will try to bill the person, but if s/he can't pay, the county will.

Oakland- 273-3211. The person is taken to the closest hospital or the ambulance will take him/her to a preferred hospital if requested. Generally the person is taken to Highland, San Leandro Memorial, Brookdale, or Kaiser Hospital. If the person can't afford the ambulance, the city will pay.

Palo Alto- 329-2406. Person is taken to Palo Alto-Stanford Hospital. The county pays the bill if the person can't.

San Francisco- HE 1-2800 or 553-0123. The person is taken to the emergency hospital in her/his district unless s/he is very ill, in which case s/he is taken to SF General (Mission Emergency). The ambulance will not take people to private hospitals. Call 648-8200 to find out if someone has been taken to Mission Emergency. Ambulance service is free.

San Mateo County- 369-6756. Person is taken to the nearest hospital or s/he can request to be taken to a private hospital. The County pays for the ambulance if the person can't.

Santa Clara County- 298-3131. The person is taken to the nearest hospital or to the hospital of his/her choice. After being taken to the nearest hospital, if there is reason to believe the person can't pay the bill, s/he is moved to County Hospital. The ambulance tries to bill the family of the person involved but will eventually turn the bill over to the county if it isn't paid. Then the county tries to collect from the person.

ANSWERING SERVICE

Taxi Unlimited Answering Service

548-7800 (Berkeley)

The dispatchers at Taxi Unlimited also work this answering service for people who don't want to miss any calls. Rates are \$17 per month for 12 hour service and \$20 per month for 18 hour service. All money so far has gone to wages, and the service supports about 10 people. Call them, if you think you might be interested, for complete details. They're nice to talk to.

Family Phone

43 Mariposa Ave., San Anselmo
456-5300

Part of Family Mix, this group is doing the work of Marin Switchboard, answering questions about alternatives in Marin. They also function as an answering service for alternative groups in Marin, and charge a very low rate for the work.

Apprenticeship

You can learn anything in the Bay Area--if you make the effort to find someone willing to teach you and to create a mutually beneficial working arrangement. Some teachers are in the telephone book, others in the People's Yellow Pages, free universities, trade schools, etc. Many don't know they're teachers, yet; you may have to let them know.

As most professionals are somewhat exacting, it may be necessary to just patiently follow instructions--at least in the beginning. You may have to do a "job for money" and "craft for love" split until your skill comes together, but the freedom of doing what satisfies you is worth it.

Archery

Archery

Golden Gate Park
(West end of park opposite 47th Ave. & Fulton)

Bring your own bow and arrows. Bales are furnished for targets. No equipment for rent.

ARCHITECTURE

Georight Modular Homes

499 Alabama St., SF 94110

Space #218, Project Artaud

626-4901, Don and Todd

A corporation attempting to manufacture low-cost modular structures. The structures are organic in shape and flexible in plan and structure.

GEORIGHTS

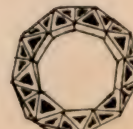
6



COMPLEX



MODULE



COMPLEX

6

Community Design Center
U.C. Extension, 215 Haight St., SF
863-3718
Chinatown Field Office
250 Columbus, SF
989-3718

This project provides free architectural and planning services to low income communities. Approaches for their services should be made through community groups wanting creative solutions to community problems. One current project has been the Mobile Playground, which is available for use by low income community groups. They are intended not only to provide temporary play facilities where they're needed, but to point out how available community space may be used. They use volunteer architects, designers, and anyone with skills in these and related fields.

Jim Novosel
2228 McKinley Av. #C, Berkeley
549-3964

Architectural & Landscape & Interior Design & Construction, Earth Mobiles, sturdy, hardy, long lasting structures. Trusses, towers, wind jams, bascules, hyperbolic parabolas, & tension structures. Use as houses, garages, porches, stairways, tree houses, lot forts & play yard objects.



San Francisco Street Artists Guild
311 Minna St., SF 3rd floor
864-3445

A non-profit, non-political, non-sectarian organization of artists, craftspeople, and musicians dedicated to obtaining a free, legal, and honorable status for street artists, craftspeople, and musicians under the Municipal Code, and to promoting California arts and crafts through their exhibit and sale in the open areas of the City. They would like to create a climate in which people may sell their art on the streets, city parks, or on their door step without a gigantic hassle, selling directly to their customers without wholesaling. This makes possible lower prices and the relationship of a work of art passing directly from the artists hands to the person who will love it. Guild membership costs.

Neighborhood Arts Program, SF Art Commission
165 Grove, SF 94102
558-2335

Free workshops in visual and performing arts, writing. Free equipment book (film, sound) for groups and art events. Publicity and printing services for art events of non-profit making organizations. Assistance in planning and setting up events. One or two organizers available in each neighborhood throughout the city. (For San Francisco only).

Artists Switchboard
246-9818, Santa Clara

The switchboard tries to bring artists together. Artists from any area can call in and a list is kept so that when people call in needing art work or when artists' fairs come up, the artists can be called. They also want people in the music area to call in. Models can also be listed so that when a number of artists need a model, they can get together and share the cost. The Switchboard would like to get an artists' complex together.

Arts and Crafts Co-op
1652 Shattuck, Berkeley 94709
843-2527

A gallery and gift shop with handcrafted items only. Things are taken on consignment after being looked at by a selection committee. Also, classes in all crafts including jewelry, ceramics, stained glass, weaving, etc. are offered. The fee varies but is around \$30 for a 3 hour a week class that lasts 10 weeks, plus sometimes a materials fee. Classes run on a quarterly schedule and there are special classes for children. Open 10-5:30, Tuesday through Saturday.

Haight Art Collective
Park Branch Library

1833 Page St., San Francisco
Free workshops for children, mostly who live in the Haight. Subjects include painting, drawing and sculpture, working with wood and clay.
Wednesdays & Fridays at 2:30 for
3 - 4 year olds, and
Wednesdays & Fridays at 4:00 for
ages 5 and up.

Lettuce Help/Neighborhood Graphics
c/o Graphic Arts Workshop, 6253 California St., SF
665-4862 or 387-4518 (Lee or DeRenne)
"We are a cottage, or even back porch industry, supplying mainly visual art services on a friendly personal level; we can design and hand silk-screen print your Christmas cards, wedding invitations, bookplates, posters, etc. (but give us at least 3 weeks before the event)...we design and paint wall graphics and murals and do photography, picture matting, and framing. If you are looking for an unusual object or service, we know people who make things and will refer you to them. Our prices are based on the hours we work and the materials we supply."



Graphic Arts Workshop/Printmakers' Gallery

6253 California (at 25th Ave.), SF 94121
386-9524

Since 1952 this non-profit hand printmaking studio has been run on a cooperative basis. "We encourage people learning printmaking: etching, lithography, silkscreen, woodcut, in informal workshop sessions, and in classes offered each fall, spring, and summer. Workshop use cost is \$3 for a 4-hour printing session; classes are usually \$35 for 10 weeks. Membership is \$36 a year plus energy helping maintain our existence." Their gallery is open 1-5 Saturdays and Sundays, or call for an appointment. They also put out a yearly calendar using original prints reduced and listing art, music, and events of peace and freedom. Calendars are \$2 each.

BlackMan's Art Gallery

325 Haight St., SF
863-9416

All original works...oils, inks, drawings, sculpture...all works present a visual image of the Black experience and reflect Black art and culture...open M-Sat., 12-6.

Berkeley Creators Association

2526 Shattuck Ave., Berkeley 94704
848-5713

A community arts organization with programs in career origination, counseling, and commissions. Artists, craftspeople, performing artists, teachers, and social innovators are invited to contact the Association for a combination of volunteer and income work. This is a good way to make contacts and keep your spirits up.

Graphics

A. W. Bannowsky

1768 Bryant St., #1, SF 94110
861-4812

Typesetting--I.B.M. "ski", "graphics with a creative flair," resumes, pamphlets, poetry, posters, ads prepared. Camera ready copy.

Art Jobs Agency

622 Washington St., SF
392-2186

This is an employment agency for artists and writers. No drop-in interviews, they see people by appointment only, and applicants must bring a portfolio. They place people in all kinds of art jobs, at all levels, and have a sliding fee scale to accommodate different salary ranges. They also function as agents for writers. Phone for an appointment, and be prepared to show your portfolio.

Ruth Buritz

383-4468 (Mill Valley)

Silk screen artist, printer, consultant, teacher. "Special order work done at people's prices!"

Ignacio Moreno

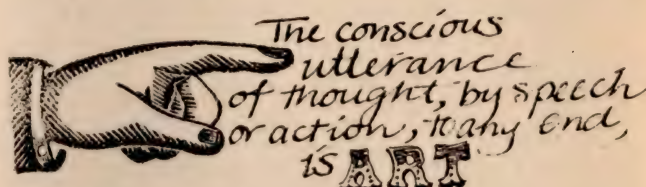
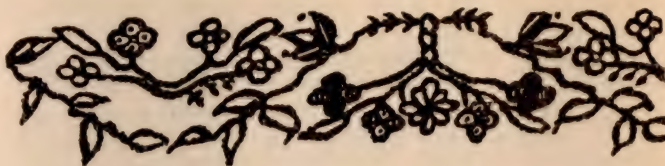
290 Page St., SF 94102

Drawing and painting from live model with emphasis on creative expression and development of personal style. Instruction is free, but students must pay model and \$1 donation is requested for use of the studio per evening (2 or 3 hours).

Ruth Sipper

3820 Maga Ave., Oakland 94619
530-0990

Instruction in creative printmaking and sculpture--use of etching press. "It is a great satisfaction to finish a piece of sculpture or a print born out of a feeling or an idea and realized all the way into concrete form."



Intersection, a center for religion and the arts

756 Union St., SF 94133
397-6061

Intersection is a non-profit organization serving a variety of functions: a center for the study and production of art events; a performing location for new music, dance, drama, film showings, and poetry readings; a consultation and advisory service in art matters; and as a bridge between artists, churchpeople, and the community at large. Call for more information.

Intersection Gallery

in the Intersection Coffeehouse, 756 Union, SF
397-6061

Shows rotate every month or so. Painters, printmakers, etc. are invited to view, comment, and submit work.

Camille Breeze

330 Grove, SF
922-1289

Portraits that resemble you...poetry...posters...flyers for advertising your small firm...also will paint a mural in a space suitable for you. Fee depends on materials and time spent.

People's Arts and Crafts Fair

Glide Church, 330 Ellis, SF
771-6300, ask for Vee Tecson

The People's Arts and Crafts Fair is held at Glide Church every first Sunday of the month from 9:30 am to 2 pm. Space is limited to 20 artists and craftspeople on a first come-first serve basis. Reservations should be made starting about two weeks before the next Fair. 20% of all sales goes to the Church Office Emergency Fund.

Artisan House

360 Castro St., Mountain View
961-9805

A building in which artisans work and display their work...spinning...weaving...candles...jewelry...batik...leather...metal crafts...they have things for sale and some artisans may be willing to take things on consignment on an individual basis...people can go to watch and learn...open M-S from 11-7 and on Mon. and Wed. until 9. Closed Sunday.

A.A.Acme Art Academy

851 Shasta St., Redwood City
A converted warehouse community where artists, artisans and craftsmen work and share their skills. Subjects include weaving, ceramics, glassblowing, woodwork, carpentry, etc.

Community Typesetters

371 Irwin St., San Rafael
453-9489

Typesetting and graphics service, getting together posters, leaflets, brochures, books, business cards or whatever for offset printing. Flexible rates, depending on ability to pay. Open to trade, barter or any reasonable exchange of energy.

Graphic Art, Design, Layout

1958A University Ave., Berkeley
841-9945

We design: brochures, folders, flyers, mailers, book covers, etc....We also do layout for booklets, periodicals, newspapers, magazines and catalogs. Best prices and quality are achieved by working closely with the printer. We offer an alternative to inflated art agencies and inexperienced non-graphic artists. We also give technical advice on printing, photography, typesetting and choice of stock.

Kenn Poli

4075 Army St., SF
285-6253

Artist for posters, business cards, window lettering, signs, gold leaf, banners, flyers, etc. Cheap and will trade services.

"dab" Designs and Communications

dierdre anne buckness/linda deckard
(in Project One)
1380 Howard St., SF 94103
626-0104

Design and development of communication-oriented publications, including newsletters and magazines. Facilities available for training one/two people in layout/paste-up and production of camera-ready art (minimum fee required). Future interests lie in creating on-going production involving small group of people. Would like to work with small group toward developing communication.

Inter-Art Display Co.

525-5078 (Berkeley)

Window and interior display work. Five experienced people. "Our displays are original, efficient and inexpensive." The costs must be judged individually because of varying window and interior display situations. We work primarily with original, contemporary and inexpensive materials."

Buncha Graphics

3533 Mac Intosh, Santa Clara 95050
(408) 246-9818 (Artists Switchboard)

A group of people who are into various art forms including graphics, candles, leather, metal working, etc. The graphics people are experienced in all phases of graphics, particularly technical arts.



Botanical Illustration!

Judy Fisher
771-3452

"Will draw any live plant, flower, weed, suitable for articles, books, bar mitzvah cards."

Haight Art Collective

Park Branch Library
1833 Page St., San Francisco
Life Drawing Classes every Wednesday night from 8 - 10 p.m. There's a 50¢ charge to cover expenses.

Fred Smith

1380 Howard St., SF (Project One)
Pure and functional sculpture. Furniture, interiors, exteriors, signs, custom design, fine craftsmanship. International reputation.

Felicity Pruden - Printmaker

2200 - 22nd St., SF
647-0168

Original linoleum Block-prints. Mainly \$5 single colour, \$10 two or more colors. Will trade.

Children's Art Classes

Golden Gate Kindergarten Association

1315 Ellis, SF

931-1018

Free art classes for children ages 4-10. Send for their brochure.

Mostly Flowers

531 Geary, SF 94102

441-5511

This gallery, which challenges the notion that art objects must be sold exclusive from other objects, is particularly interested in viewing and showing the work of new or unknown artists in the area. Open from 12-6, Monday through Saturday.

Models' Guild of San Francisco

863-6943

Professional models for art classes and drawing sessions. Persons interested in becoming free-lance models will be referred to places of possible employment. Prospective employers must have references. Call during the summer on M & W from 9-12 and 5-7 and during the Fall on Mon.-Thurs., 9-12 and 5-7.



Steve Kelly

45 Eagle St., SF 94114

431-8292

Poster design and layout...use of art as a way of announcing...\$10 and up, or an equal trade (depending on ability to pay).

Artists Cooperative of San Francisco

2224 Union Street, SF

567-0464

The oldest established cooperative organization for painters we could find. They have over 100 members who pay dues and work six hours a month in the gallery. They also pay a percentage of the price of the art work sold to run the gallery. They were there long before Union Street boomed into the boutique expensive place it is.

Heliopolis Screen Process

548-6578-Berkeley and 664-6831-San Francisco

Hand printing in color or black and white; prints, posters, wallpaper, announcements, cloth or whatever. Our designs or yours. Specialize in oriental and ancient world calligraphy and design.

Mission Art Collective

1661 Fifteenth Street, SF 94103

864-5205 / 282-7172, Stafford

This group offers Mission residents between the ages of 14-21 workshops in photography, sculpture, and textile crafts (sewing and graphic design on fabric). Charge is \$1 per week which is used for equipment. Call for a schedule of classes.

Mark Blosser

860 Lombard St., SF 94133

776-6438

"Innovative Sculptor. Fine and practical art on commission in hand-painted motorized vacuum-forms, yarn-painting, plaster and latex models, molds and casts. Custom clocks and signs. Animistic imagery."

Jay Beckwith

132 Rivali St., SF 94117

731-3355

Play sculptor working with community groups, schools, co-ops, etc. Will build or help you build improvements to your environment. Charge is based upon ability to pay. "I also am connected with 'Volunteers of the Zoo' to do the same kinds of things for the animals".

Eve Furchgott

1833 Page

c/o Pass Free U., SF 94117

752-0773

A multi-media artist particularly interested in meeting other artists who are interested in community, and in forming a really competent animation team. Will do occasional free lance work in almost any area of visual arts.

Contrasting Trim Painting Co. (interior)

Rosalie Cassell, 548-9358

Vicki, 658-5528

"We can transform your walls and wood-work into whatever you want, be it one solid colored careful paint job or exciting contrasting colors. We are both artists who really dig housepainting. We give free estimates."

Art and Crafts Center

Sharon Building, Golden Gate Park

(South Drive near Arguello)

558-3362

Free classes in painting, ceramics, macrame, silk screen, sewing, candle-making, pre-school art workshop for children and parents, and leaded-glass workshop. Instruction is free, but student pays for materials. Call for schedule.

Bill Mashmeier

330 Grove, SF 94102

864-9115

Cosmorganic sculpture, environmental and theater pieces. Free sculpture workshops on Tuesdays and Wednesdays. Call for more information. "I'm just trying to liberate people's hands and eyes."

art & craft supplies

The hand craft renaissance is an integral part of the cultural revolution, an affirmation of our power to create our own environment. The increasing demand for hand crafted goods indicates the need that people feel to know that the things they own (at least some of them) were made with love. The best way to acquire such an item is to buy it from the maker. This turns a purchase into a relationship and is antithetical to a life of commodity-filled alienation.

To find quality materials with which to work is the first job of the craftswoman or man, and often the biggest stumbling block. For leather, clay, wood, wax, fine dyes, etc. are hard to find, except through "hobby shops" which often carry the lowest quality materials at prohibitively high prices.

The Science Department of the San Francisco Public Library, at their main branch can help you find the names and addresses of manufacturers of the materials you need. Start by consulting Thomas' Register of American Manufacturers.

For example, candlemakers might get prices from several wicking manufacturers across the country, and buy wicking by the spool. Dye manufacturers sell by the pound, and wax might be bought from a local refinery (paraffin is a by-product of the petroleum industry). Doing this depends on quantity buying, and that can mean getting together with others into the same craft. It'll be worth it.

Utrecht Linens, Inc.
33 Thirty Fifth St.,
Brooklyn, N. Y. 11232

They'll send you a catalog of art supplies including oils and acrylics, but most important, good quality raw and finished canvas at prices that make it worth your while to have them shipped from New York. Some painters get together to order canvas and stretcher bars in very large quantities which brings the price down even further. They also give special prices to schools.

Craft & Hobby Book Service

P. O. Box 626, Pacific Grove, Ca. 93950
Send for their 76 page catalog of Books for the Weaver and the Needleworker. Each book is well described, and can be ordered through them.

Politec

290 Valencia St., SF 94103
431-1781

A "service centrum" for users and sellers of artists and crafts materials. Politec is the U.S. distributor of Mexican made Politec acrylic paints. They differ from ordinary businesses in that they encourage groups to form to order supplies in large quantities through them. Discounts from manufacturers are then divided; the larger the order, the smaller the percentage Politec takes. Beginners, exhibiting artists, manufacturers and even distributors are welcome to use the comprehensive departments they're developing for candle-making and fabric dyeing crafts, as well as painters' supplies, and soon clay sculpture materials.

The Leather Works

628 Emerson, Palo Alto 94301
328-9602

Leather hardware, tools and supplies, including patterns and illustrated instructions for making belts, purses, sandals, garments, etc. Help and advice on your project. They mail order stuff anywhere and have a free catalog which you can send for.

Glen Black

1414 Grant Ave., SF

Procion Dyes for craftsmen are permanent, washable, brilliant. Suitable for batik, printing, painting, tie dye. Nine colors available in 2 oz. packages for \$1.50. These packages contain no filler, and are simple plastic bags. Visit the shop from 12 - 6 Tuesday-Saturday. Also sells wool rug yarn, batik shirts, woven ponchos...

Summer Trade - for all seasons

P.O. Box 31013, S.F. 94131

"We hope to be a successful alternative to Bay Area capitalist merchants, bringing finer quality materials to the artist at reasonable prices." Their artist/craftsmen materials plus plants and some housewares can often be had at a 30% discount off suggested retail prices. Profits go back into the operation of the organization. They also do consulting.

Dharma Trading Co.

1952 University Ave., Berkeley 94704

Supplies for batik, tie & dye, weaving, knitting, crocheting, needlepoint, rug making, embroidery, macrame...imported yarns, handspuns. Together in a friendly store at friendly prices.

The San Francisco Stained Glass Works

3463 - 16th St., SF
626-3592

Glass/crafting supplies and instruction. Will trade services.



Julie Meredith
621-5428

Horoscopes. "Written interpretation and sit-down discussion of everything you've wanted to know about your natal chart -- and were afraid to ask." \$25.

Karen Mendelsohn
2535 Regent St. #10, Berkeley 94704
843-0856

Natal charts, progressed charts, astrology classes. Typical prices are \$3 for drawing up a birth chart, \$5 for a 45 minute interpretation of the natal chart, and \$5 for a 7 session course on chart interpretation. "I do psychological interpretations and am not interested in prediction."

Yve Gagnon
755 - 14th Street, SF
864-1539

Astrology for the woman in the process of liberation. Non-sexist, non-establishment, psychological interpretation of the horoscope by a mature, professional psychologist. Reading takes 3 hours or so and costs \$25. Terms and trades can be arranged.

Andrew Hacker
731-1452

"Astrology: Charts, Interpretations, and Lessons. No written horoscope placebo; you and I analyze you and your chart. I teach 8 weekly Astrology classes for beginners and intermediates. For the intermediate and advanced Astrologer I moderate a Research Workshop. Pass the word. I use a graduating scale for fees."

Marcia Starck
Box 203, Sausalito
332-2543

Teaches astrology and tarot classes at Abraxis in San Anselmo. The subjects are approached from a humanistic standpoint, with emphasis on individual potential for growth. \$25 for an 8 week course. Also does charts and tarot readings. Charts: \$25. Readings: \$3 - 10.

Zephyr
499 Alabama, SF 94110
(Project Artaud, door off lobby)
Astrological birth maps (horoscopes) from the New Astronomy--a precise map of the solar system that is immediately understandable and clear. At \$1 this is by far the lowest price for this service. He feels it should be free.

Horoscopes

525-5078 (Berkeley)

Horoscopes done quickly and inexpensively using interpretations based on Dane Rudhyar and Marc Edmond Jones. Minimum of four typewritten pages of explanation of natal chart. \$10.

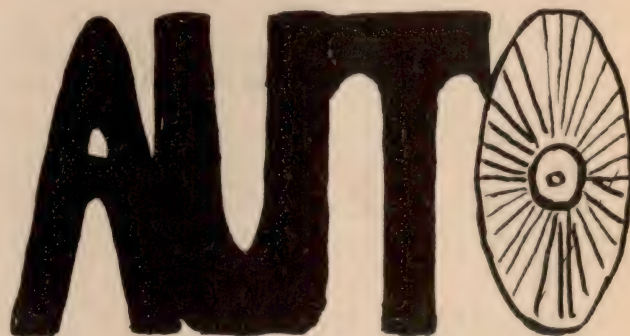
Sue Hadley
549-1964

Astrologer and Tarot reader. \$24 for having astrology chart done thoroughly. She also works with Judy Mar for a "double whammy"--horoscope and tarot reading which will tell you where you are going and why (\$15). They also do group readings.

Athletics

Physical Education for the People
San Francisco State College, Hut A,
#7, 1600 Holloway, SF
333-2526

Founded on the belief that physical fitness should not only benefit athletes and physical education majors, but the entire student body and the community as well. A program of non-competitive activities is offered free of charge during the school year and is open to the public. Check with them for further details but some of the things offered are yoga, swimming, body-reality, intramurals, etc.



CAVEAT EMPTOR...The People's Yellow Pages Collective believes that, like all other listings in this book, each person or place listed under auto repair describes a righteous person doing good work for honest pay...BUT we cannot in any way guarantee this to be true. All we had to go on was how the person seemed to us, either over the phone or in the shop. We tried, as with all the other gigs to avoid "hip businessman" types, and to look for things like available space to work on your own car with help when you need it from the mechanic, willingness of the mechanic to teach you how to do it yourself, parts available at cost from the mechanic, and a reasonable hourly rate for his or her work. Most of all, we depended on feedback from people who've had direct experience.

Probably the best way to have your car fixed is to fix it yourself. Auto repairing, like a lot of other things, has been kept a secret from most of us, especially women. A whole mythology exists about some very simple mechanical processes, and "laymen" are too mystified to even try to learn how a car works. This, of course, sets us up for rip-off artists to take over. The greater the degree of mystery about a process, the more fear you have about approaching it, and the more free will be unscrupulous holders of the secret.

To combat this, if you have a car, you should see about taking a class at a free U or at one of the new style garages or from one of the places listed below that offers to teach. Along the way you'll pick up enough information about the more complicated procedures to know when you're being taken, and to avoid it happening.

Meanwhile, look for somebody to fix your car in a relaxed way (maybe before you need a major repair urgently). Stop in to the shops and talk to the mechanics. Ask about prices. Compare. Most important, find a mechanic you can talk to (if they're too busy to answer some questions, find somebody else). Make your best judgements about who to trust, and trust her/him when the time comes. Trust somebody who'll demystify the whole thing for you, somebody who'll tell you what you need and want to know about that hunk of metal you're driving. And good luck!

REPAIR

Auto Barn

499 Alabama, SF
863-5366

Foreign car repair, specializing in VWs... prices lower than other places...sometimes does work for barter...occasionally willing to take on people to learn skills...open 9-5, M-F... call first to set up a time to bring cars in. Note: We have received some negative and some positive feedback about the Auto Barn. They ask that you tell them if you are dissatisfied with their work.

Gary Lawrence

638 45th Ave. #5, SF
386-0301

Engine work and anything else on American, Foreign cars, trucks, caterpillars, tractors or whatever.

Precision Repair

700 Delaware (near 4th St.), Berkeley
841-1299

VW repair that is personalized and cheaper than that done in other shops. The mechanics who work here have worked for Volkswagen in the past. Free advice for people working on their own cars.

United Volks Works

501 Taraval St., SF 566-0130
624 Stanyan St., SF 752-1103

The largest independent shops in the Bay Area. They claim that their rates are lower than comparable places and \$4-6 per hour lower than VW dealers. They'd like to start a weekly class covering various aspects of VW repair. Call for more details. Free advice given. Open 8-6, M-F.

Klunge's Auto Works

3321 22nd St., S.F.
431-2253

Jerry and Charlie have an auto mechanics class, where they share their tools and knowledge. The prices are low and anyone wanting to work on his own car but needing technical advice is welcome. They also work on your car for you (any model but VW specialty). Call for an appointment weekdays 9 a.m. to 8 p.m. or Sat. 1 p.m. to 5 p.m.

Mobile V.W. Revival

658-2271, North Oakland

"We fix Volkswagens cheaply, fairly, honestly, and professionally. Tuneup \$10 plus parts. Valve job \$60 plus parts. Complete rebuild \$120 plus parts or \$5 per hour. All parts are priced at our cost which is 20-30% below retail. We really guarantee our work. We do minor work on the road or at people's houses for no extra charge. Free advice and commiseration."

Women's Auto Mechanics Classes

626-7637, Pilar/585-9090, Bonnie/
648-6170, Penney, SF

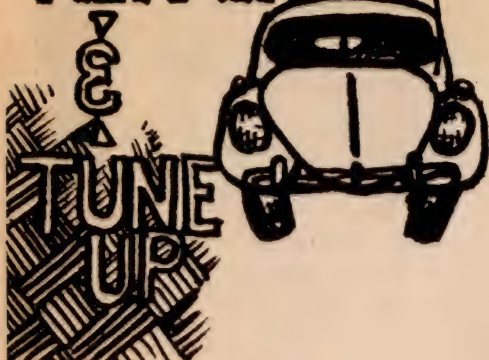
Thurs. daytime classes and varying evening classes for women...mostly maintenance...excellent 8 mm auto mechanics film available for rent.

Paul and Dave

(408) 246-9818, Santa Clara

VW repair...price is based upon ability to pay...free advice if you're working on your own car...parts for work they do are charged at the price they get them for...prefer to do minor repairs but they also do major engine work...they won't touch anything that they don't think they can handle.

REPAIRS



D.A. Reed

652-5563, Oakland

Foreign car repair work by appointment (weekdays 2-6 pm). They will teach you how to do your own repairs if you want. Extensive diagnostic service/used car evaluations. Library of reference material available. "We specialize in keeping old cars alive."

Ann Wagner

755 - 14th St., SF 94114

864-1539

Automobile tune-ups and small repairs. "I will teach women to maintain and repair their own automobiles." American or foreign cars. Tune-ups are \$10 plus parts.

Peoples' Garage, Craig Smith

524-4012

Automotive work of all kinds. Cost is about \$8 an hour with parts charged at the price the mechanic gets them for. He tries to charge a fair price and doesn't do any work that doesn't need to be done. Free advice given for people who want to do their own work.

South City Auto Hobby Center

1336 San Mateo Ave., South San Francisco

583-5514

A place where you can rent space to work on your car. Cost is \$1.50 per hour from 10 pm-10 am, \$2.50 an hour from 10 am-10 pm, and \$15 for 24 hours. The price includes grease and tools. Parts are available on the premises. There also are people available who can give advice. The cost is \$12.50 an hour to have the work done by the mechanics there.

Smitty's Self Service Auto Repair

1360 Jessie St. (near McCoppin), SF

861-3344

\$2 an hour to rent work space, with a floor jack and stands provided if needed. Use of hand tools is \$2 a day and power tool rental ranges from \$3-\$5 a day. Tools must be used on the premises. There is always someone around to give advice and verbal help. Although this place has said that they encourage women to come in to work on their cars, their advertising is very offensive to women.

Dimwitty Garage

285-7403 or 282-6116, SF

"A motley crew of people's grease monkeys who are into learning, teaching, working for money, barter, or whatever." Costs are based on what we need to survive. By established standards, they're super-cheap.



BANKS

We quote directly from a letter sent by People's Yellow Pages friend, Susan Reed:

"One possibly highly and hotly debatable addition I would suggest is Security National Bank of Oakland. WAIT-before you say 'no': people use banks and if they have to do that, they should use a people-oriented one. This is the bank that lost the right to sell E-series government bonds because bank president Fortney Stark advised his depositors they were/are a rotten investment. Unimpressed, Stark issued his own E-series - ecology bonds. Money deposited this way is earmarked for loans to projects designed to improve environment and quality of life in the community...they also publish a monthly newsletter, The Sense of Security, which has run articles naming major industrial polluters of the Bay Area, analyses of ghetto life, sinister role of banks, etc...So, in summation, I grant you that a bank is a bank...but within the limits of the term, this is one (the only one) that offers some alternatives."

Beads

Ourthing

4207 Geary, SF

387-2464

Open Mon.-Sat. 11-6:30. Beads. plus some incense, a few candles, macrame supplies.

Yone

478 Union St. (near Grant) SF

986-1424

Open Mon.-Sat. 10 - 6. Beads, macrame supplies; a jewel of a shop.

The Bead Store

417 Castro, SF

861-7332

Open Mon.-Sat., 11:30-5:30. Very helpful to people needing advice on beading and macrame. Lots of beads and other handmade things sold.

Bicycles

Bicycling in San Francisco

Bicycling is one of the best alternatives to pollution and the frustrations of driving and taking the bus in the city. We would have a much healthier (and more beautiful) city if more people got the physical exercise involved in transporting themselves about without further fouling the air. Bicycling is also very economical and it is actually usually faster than taking a bus and often faster than a car. More people traveling by bike would relieve much of the traffic congestion. Parks and gardens could replace some of the streets and parking lots.

But at present, there are a number of problems involved in bicycling. Some motorists seem to think that bicycles are not as fully entitled to the use of the streets as they in their two-ton vehicles. Ride as if you are absolutely invisible to motorists and be extra cautious. Also, your bike will be ripped off in about 5 seconds anywhere in San Francisco. Keep it in sight. Join the bicycle coalition and work for the promotion of bicycling as a safe means of daily transportation.

Bicycling in Golden Gate Park

A 7½ mile tri-park bikeway winds through the park. Cyclists can start at the Waller and Stanyan entrance, the Page and Stanyan entrance or the 46th Ave. and Lincoln Way entrance. Rental bikes are available on Stanyan Street or Lincoln Way (usually long lines on weekends).

The Shop

69½ Harriet (between 6th and 7th Streets, just off Folsom), SF 863-2270
"A bicycle shop. We don't repair bikes so much as try to get people into repairing and maintaining their own, using our space, tools, and experience. Come prepared to kneel on the floor and get dirty. We also sell parts and complete bikes at flexible prices. Our stock is basic so you may have to order parts one week and pick them up the next. There's coffee, lemonade and popcorn when we have time to make it, and I'm trying for a batch of home brew. There will be more if you bring something when you come. We're crowded, so service is lousy; come prepared to wait. We also publish a 75¢ bike manual, How To Fix Your Bike."

The Missing Link Bicycle Shop

Lower Sproul Plaza, UC Berkeley Campus, Berkeley 642-6666
Bicycles, parts, repairs, and other accessories are made available as cheaply as possible. "We are an S.O.B. store where profits are returned to the community by outright grants or by expansion of services."

SF Bicycle Coalition

1045 7th Ave., SF 94122
664-4955

The San Francisco Bicycle Coalition promotes the bicycle as a healthful, economical and non-polluting alternative to the automobile for everyday transportation. "We provide information on bicycling in San Francisco (e.g., how to buy a 10-speed bike, recommended routes, parking and security), campaign for new bicycle paths and improved, secure bike parking facilities, and generally try to increase the awareness that bicycling is a practical way to get around San Francisco. If you ride a bicycle (or would ride one if you felt it were safe to do so) and if you support our goals, we invite you to join us." Dues are one dollar a year.



san francisco
bicycle coalition

BIRTH CONTROL



see also

under "Health":
San Francisco District Health Centers
Hospitality House Clinic
Everyman's Free Clinic
Berkeley Women's Health Collective
Alameda County Health Department
George Jackson Free Clinic
San Mateo County Health Department
Santa Clara County Health Department

Planned Parenthood of San Francisco

2340 Clay St., SF 7th floor
567-0870

Open to anyone...women over 18 must make an appointment which usually takes about 2 weeks to get...can attend discussion of birth control methods before seeing the doctor...there is an opportunity also to talk with a counselor on a one-to-one basis...doctor does pelvic exam, pap smear, blood pressure testing, and VD culture...all methods of birth control available...first visit usually takes at least 2 hours...yearly fee is \$7-\$27, depending on income...the contraceptives are extra (e.g. pills are \$1.50 a month)...MediCal accepted...referrals are given for pregnancy tests and morning after pills...they also have a teen birth control clinic for those under 18, a vasectomy clinic, and a pregnancy and abortion counseling service.

Women's Need Center

531 Claydon, SF 94117
621-1003

Abortion counseling, birth control information, pregnancy tests, etc. All services are free.



birth control

Planned Parenthood of Alameda County
482 W. MacArthur Blvd., Oakland 94609
654-3212

All contraceptive methods offered to women over 18 (they also have a teen clinic for those under 18). Appointments necessary and fees are on a sliding scale and are \$7-27 per year plus extra for methods of birth control. A rap session is offered in which the different methods of birth control are discussed.

Planned Parenthood of Alameda County
1252 "B" Street, Hayward 94541
538-6330

Clinics for adults and teens. Adult clinics require appointments and the yearly fee ranges from \$7-22 plus extra for contraceptives. The teen clinic is in two parts. The first is a required rap session which is held on Wednesdays from 3:30-5:30. No appointment is necessary. The second part is the exam which takes place on Thursdays and for which an appointment is required. The yearly fee is \$7 plus method of contraception but the fee is negotiable (\$7 is the maximum).

Planned Parenthood of Alameda County
4361 Railroad Ave., Pleasanton 94566
462-1950

Contraceptive clinics for all women, including minors without parental consent. Clinics are held on Tuesdays from 6:45-9. Appointments are preferred but you can drop in. Fee for the year is \$12 for students and \$15 for people who are working. Contraceptive methods are extra.

Planned Parenthood of Alameda County
9810 E. 14th Street, Suite D, Oakland 94603
462-2344

A contraceptive clinic for adults and teens. No parental consent required. All methods of birth control available. Yearly fee is on a sliding scale from \$7-27, depending on income. Birth control methods are extra (i.e. pills are \$1.50).

Comprehensive Family Planning
830 University, Berkeley 94710
845-6550

Contraceptive clinics, pregnancy testing and counseling, pre-marital blood tests, referral to doctors and other services, referrals for morning after pills. Minors seen without parental consent. Berkeley residents only. Appointments must be made for all services. Services are free.

Marin County Department of Public Health
4th and Grand, San Rafael
479-1100, ext. 2703 or 2704

Sees only women who are over 18 or married. Clinics are held three nights a week and appointments are necessary. Call on Mondays to get an appointment for that week as appointments are only made for a week at a time. Fee is on a sliding scale from \$1-20. All contraceptive methods are available.

Family Planning Alternatives
265 Meridian Ave., San Jose 95126
(408) 289-9011

Abortion, vasectomy, and contraceptive clinics. Top quality medical care at the lowest possible prices. Call for an appointment.

Nurse-Practitioner Family Planning Clinic
Highland Hospital, 1311 E. 31st St., room 322
Oakland 94602

534-8055, ext. 328 or 584

A family planning clinic which offers all methods of birth control, VD testing, diagnosis and treatment of vaginal infections, referrals for pre-natal care and pregnancy testing and vasectomies (pregnancy tests and vasectomies can be done at the Hospital if the person qualifies under Highland's eligibility requirements). The clinic is held on Tuesday and Thursday afternoons and appointments are required. Anyone is eligible to attend if they are residents of Alameda County. Minors must have parental consent unless they are considered emancipated.

Contra Costa Planned Parenthood
1291 Oakland Blvd., Walnut Creek 94596 935-3010
255 Civic Center St., Richmond 94804 233-1900
Birth control clinics; pregnancy testing and counseling; referral for adoption, pre-natal care, legal abortions, sterilization, VD diagnosis and treatment, infertility, counseling. Hours for Walnut Creek are 9-5, M-F and the yearly fee for the first visit is \$13 with succeeding annual exams costing \$10. The birth control method is extra (pills \$1.50, IUD \$5, etc.). Hours for the Richmond Center are 1-5, M-F and fees are free or according to ability to pay. Parental consent is not required for minors at either center and all records are confidential. No one is refused service.

Planned Parenthood, San Mateo County
348-2424/573-2598

Birth control and pregnancy counseling for anyone in San Mateo County. Also, sexual counseling and vasectomies. Cost is based on ability to pay and is free if you can't afford anything. Minors seen without parental consent. They have clinics all over the County--call to find the one closest to you.

West Oakland Neighborhood Center
700 Adeline Street, Oakland 94607
835-9610

Family planning clinic which has all methods of birth control, VD diagnosis and treatment, and referrals for vasectomies. Call for an appointment. Depending upon where the patient lives, the fee is either according to the patient's ability to pay or else comparable to that of a private MD.

St. Luke's Hospital Family Planning Clinic
555 San Jose (at Army), SF

647-8600, ext. 297 or 824-3792

No, St. Luke's is not a Catholic hospital. It's Episcopalian and has nothing against birth control. All methods are available to anyone, even minors without parental consent. Everything is free. No appointments needed. Drop-in clinics held M-F 9-3:30 and Tuesdays from 9 am to 8:30 pm. 

San Francisco General Hospital

22nd and Potrero, SF
648-8200

This city hospital provides various family planning, pregnancy testing, gynecology and pre-natal services. Persons under 21 must have parental consent or their parents will be notified (if you don't know your parents' whereabouts you will still be treated). Fees are on a sliding scale according to income but sometimes experiments in birth control methods are conducted in which the participants receive free care. Therapeutic abortions are done at a reasonable fee but the person must go through the Department of Social Services for this. Anyone is eligible for the Hospital's various services. Feedback we've gotten about SF General has ranged from very poor to excellent.

Glide Family Planning Clinic

330 Ellis (Glide Church), SF
558-3158

A family planning clinic that includes free birth control, VD diagnosis, Pap smears, vaginitis diagnosis, pregnancy tests, abortion counseling, and general physical check-ups. The clinic is held on the 2nd and 4th working Wednesday of each month starting at 1:00 and is open to any woman, although minors must have parental consent if they're living at home.

No woman can call herself free who does not own and control her body. No woman can call herself free until she can choose consciously whether she will or will not be a mother.

—Margaret Sanger, 1920

Mt. Diablo Free Clinic

85 Cleveland Road, Pleasant Hill
935-2710

Free birth control clinic. Medical form filling-out, interviews, and a rap discussing various methods of birth control are held on Wednesdays from 3-5 at Diablo Valley College in H101 (Humanities Building). Pap smears, pelvic exams, and dissemination of birth control takes place Wednesday nights at the Clinic from 7-9. All women are eligible for services.

Bayview Family Planning Clinic

1641 La Salle (at Third), SF
648-0241

Open to residents of Hunters Point, Bayview, and Sunnydale...complete family planning including pregnancy tests and counseling...also, pre-natal care...appointments requested but drop-ins are accepted...drop-ins will have about an hour wait...clinic is free...call for information about exact hours but Tuesday and Saturday mornings and Thursday afternoons are adult family planning and Friday is teen birth control clinic...Wednesday is pre-natal care clinic.

Planned Parenthood of Alameda County

482 West MacArthur Blvd., Oakland 94609
654-3212

Birth control for teens without parental consent required. Birth control methods rap sessions are held at 3:30 on Tuesdays and are required before getting examined. No appointment is necessary for the rap. Exams are held on Thursdays and appointments are required. The yearly fee is \$7 maximum plus extra for methods of contraception.

Planned Parenthood of Santa Clara County

702 East Santa Clara, San Jose
294-2442

Birth control for adults and teens. All ages need appointments for exams. The teens must attend a birth control methods rap on Friday evenings at 7:30 (no appointment needed) and they then are given an appointment for an exam. Fee is on a sliding scale and ranges from \$15-25 for adults and \$10-15 for teens.

Planned Parenthood of Santa Clara County

495 California St., Palo Alto
326-6935

Birth control for women under 21. The clinic is located at 270 Grant, P.A. Appointments are needed for exams. All women under 18 must attend a birth control methods rap for which they need an appointment. After the rap, they make an appointment for an exam. Fees are on a sliding scale, based on ability to pay and the maximum fee is \$25 for the exam. Pregnancy tests done by appointment.

BIRTH CONTROL FOR TEENS

ALSO, SEE OTHER LISTINGS UNDER
BIRTH CONTROL

The two centers listed below provide birth control for anyone 17 or under...all methods available...no parental consent or knowledge necessary...everything confidential...very informal hassle-free situation...no appointments...girl talks with counselor, can sit through rap session on methods of birth control, and then sees the doctor...boyfriends and other males welcomed...doctors are usually women...pap smear and VD testing done and pregnancy testing for teens who are 2 weeks overdue on their period...\$2 yearly fee for the clinic plus extra nominal fee for birth control method if you can pay it...otherwise, pay whatever you can (or nothing if you can't)...first visit takes at least 2 hours.

Planned Parenthood Teen Clinic

2340 Clay St. (at Webster) 7th floor, SF
567-0870

Clinics held Tuesdays and Fridays from 2-6. Come about 2 your first visit or you might not get in.

Planned Parenthood Teen Clinic at Haight Ashbury Children's Center

1101 Masonic, SF
863-2790

Clinics held Wednesdays from 3:00-6:00.

MORE Birth Control For Teens

Teen Family Planning Clinic

Y.W.C.A., 1515 Webster St., Oakland 94612
451-7900, ext. 488

All methods of birth control offered as well as pregnancy counseling and referrals (no tests). Patients are required to attend a rap session on birth control methods. These sessions are held Mondays and Fridays from 4-5. The birth control clinics are held Tuesdays and Thursdays from 3:30-6:30 and appointments are suggested although patients will be taken on a drop-in basis. Patients must be 15 years old. Pre-natal care classes are offered on Wednesdays at 1:30 and post-natal care classes are Thursdays from 5-7. These are open to teens and young adults. There is no charge for any services.

Planned Parenthood of Marin

710 "C" Street, Suite 9, San Rafael 94901
454-0471

They serve only women under 18 who are in high school and sexually active. There is a required birth control rap session which boys may also attend. It is held from 2:30-5:00 on Tuesdays and Wednesdays and from 9:30-12 on the 1st and 3rd Saturday of the month. No appointments are needed for the rap session and there is no charge. Exams are done on T, Th, F, and S, and an appointment is necessary. The fee is \$12.50 a year plus extra for birth control methods (i.e. \$1.50 for pills per month).

BLACK LIBERATION



Black Line

752 13th St., Oakland, Ca.
451-8748

Housing help...homework assistance and arts and crafts for children...athletic program...job preparation for adults...space available for groups to use...general community needs.

Black Panther Party

465-5047, Oakland

A black revolutionary party which believes people must do everything in their power to be free. They have started free breakfast programs, clinics, legal centers, and related projects. The Black Panther Paper is available through the ministry of information, Box 2967, Custom House Station, SF 94126 for \$7/year.

Black Caucus

3216 Adeline, Berkeley 94703
655-5756

A political action group which fights for issues of importance to the black community.

BOATING



Able Seaman's Boat Center

1166 Capitol Ave., S.F.
586-5332

Everything for the boating enthusiast -- Water ski groups (\$15/day), water ski boat rentals, buy, sell, and rent fishing and diving equipment, towing, salvage, sailing lessons and rides (\$11/day), houseboat rentals, marine surveys. They say they are the cheapest in the area. Call anytime.

Book Binding

Capricornus

3167 College Ave. (near Alcatraz)
Berkeley, Ca.

Anne Henning, Theo Kahle, 658-7930

Classes in fine hand bookbinding. Bookbinding is an ancient, painstaking, yet rewarding craft, and a good way to recycle battered old books. The fee is \$25 a month for one class per week (3-4 hours) and you get your money's worth. These people won't let you get away with shoddy work, though the atmosphere is patient and fairly relaxed.

Bookbinding classes

YWCA, 620 Sutter, SF
775-6500

This is an introduction to hand bookbinding. It is a workshop course and students will be able to bind one book each class. Call to find out when the next class will be offered. Cost is \$18 for 7 sessions plus a \$2 lab fee which covers some materials needed. YWCA membership is required which is \$5 a year. This is open to both men and women.

BOOKKEEPING

Gary - New Age Bookkeeping

285-8448

Accurate and low-cost bookkeeping for hip businesses. Gary has free access to a computer, and lots of experience in systems work. He'd like to work with people getting a business or organization trip together. He's willing to teach you to do it yourself, or to do it for you.

Al Siegel

387-4876

Al is an accountant who will take on accounting and bookkeeping work for hip trips that turn him on.

18

Book Stores

A Woman's Place Bookstore
5251 Broadway (at College Ave.)
Oakland, Calif.
654-9920

A place for women to come together...
They carry books, magazines and newspapers selected with discrimination.
It is also a place to relax, with tables and chairs, coffee, tea, and goodies.
Open 10 a.m. to 7 p.m. Mon.-Thurs. and 'til 10 p.m. Fri. and Sat.

Modern Times Bookstore
3800 - 17th St. (at Sanchez), SF
621-2675

An independent Socialist bookstore run by the Bookstore Collective...reading tables and free coffee...offers a broad cross-section of literature of interest to the political left...special emphasis on women's liberation, education, political economy, and American working class history...store features special events, speakers, and discussion groups including a regular Thursday evening women's group.

The Source Bookstore
388 22nd Ave., SF 94121
668-2112

A tiny bookstore inhabiting a transformed single car garage. "We want to be personal and service-oriented. We hope to develop a community bulletin board, and have begun to offer free materials--Heliotrope and Communiversity catalogues, leaflets, brochures on organic foods." They sell a lot of magazines--quality journals, Rolling Stone, Bay Guardian, etc. Hours are noon to 10 PM, Tuesday through Sunday.

Granma Bookstore
2509 Telegraph Ave., Berkeley
841-9744

Radical literature: women's liberation, gay liberation, Black and Raza struggles, Vietnam, labor, Cuba, etc. Open noon - 10 p.m. Sun. - Thurs. and noon - 11 p.m. Fri. and Sat.

San Ysidro Shop
3740 Grand Ave., Oakland 94610
893-3161

A small, family bookstore built on the philosophy "Let us build the Earth by building one another". Specialty is beautiful books by small publishers. They have very unusual cards, banners, and wall-hangings for sale.

Books Unlimited Cooperative
1550 Shattuck Ave., Berkeley 94709
841-5795 and
3000 Telegraph Avenue, Berkeley 94705
848-5200

"Independent cooperative, organized and maintained by its book-buying members to provide maximum service to the reading community." In addition to selling books, they offer counseling about books to parents and teachers, talk "shop" with aspiring writers, booksellers, publishers, and concern themselves with consumer advocacy, etc. They seem to care genuinely about the community. Call or stop in if you want to talk or join or use their extensive bibliographic materials. Shattuck store is open: 9-9 Mon-Sat, 10-7 Sun. Telegraph Ave. store open: 9 am-10 pm, Monday-Friday, 9-9 Saturday & Sunday.

Up Haste
2506-B Haste, Berkeley
848-6359

A "political feminist bookstore" carrying underground papers, women's lib, Third World, and gay (men and women) material, including some novels. Small press and consignment selling, too, plus bibliographies of women's and children's materials that they sell for 25¢ and 20¢, respectively. Open Mon-Sat, 11-6, Sun 1-5.

Shambala Booksellers
2482 Telegraph Ave., Berkeley 94704
848-8443

"Shambala Booksellers makes available a fine selection of books dealing with Oriental Religion, Western Mysticism, the Occult, and Psychology... A real attempt is made to stock books of value and use to the community. We import books of value from all over the planet and sell them at reasonable prices. People are welcome to sit on our benches and read and to discuss ideas with other people."

Whole Earth Truck Store and Catalog
558 Santa Cruz, Menlo Park
323-0313

Whole Earth Access Co.
2466 Shattuck Ave.,
Berkeley 94707
848-0510

Both these stores stock books mentioned in the Whole Earth Catalog as well as other good books.



Moe's Books

2484 Telegraph Ave., Berkeley
849-2087

"A used book (hardback and paperback) and record store also selling new books and records, plus magazines and small press publications. A liberal trade policy on books and records. Trade slips are redeemable for other merchandise or cash, and are also good at Shambala Booksellers." Open Sun-Thurs. 10 a.m. - 11 p.m., Fri and Sat from 10 a.m. to midnight.

Paper Ships

Corte Madera Co-Op Shopping Center, Corte Madera
924-4212

A large selection of current interest books, paperbacks, newspapers; some political, American Indian, natural foods, metaphysical, psychological, childrens books, etc. Open 10 - 6, 7 days a week.

City Lights Book Store

261 Columbus, SF 94133
362-8193

Three floors of paperbound books...relaxed and "funky" atmosphere, with tables for reading. Open seven days a week until midnight.

Discovery Book Shop

245 Columbus, SF 94133
986-3872

Used books bought and sold. They very often have quite recent books, but of course "it's new if you haven't read it."

Shakespeare & Co. Books

2499 Telegraph Ave., Berkeley
841-8916

William Cartwright runs this low-keyed store. He "recycles" books and records by buying them from you and selling them used. Some new books, too. Interesting selections, caters to students. Open Sun.-Thurs., 10 a.m. to 11 p.m., Fri. and Sat. 10 a.m. to midnight.



The Plowshare Bookstore and Seed Center

162 University, Palo Alto
327-4748

A community bookstore. The Seed Center is a small quiet room in the back lined with Metaphysical books and art works. It

is "a space dedicated to conscious growth".

Paperback Traffic

1021 Guerrero, SF
282-6435

Buys and sells all kinds of used paperbacks except texts. They'll pick up 25 or more. Store is open Tuesday-Saturday from 4 - 7 pm.



Loba Books

9595 Main St. (P. O. Box 162)
Pennngrove, Ca. 94951

"A store and workplace for craftswomen and men, and artists and poets. The vision is only beginning: energies are invited. Poetry readings, movies, a printing press, wheels and a kiln envisioned in the near future. A center for focusing and using energies. Poets, painters, photographers, jewelers, potters and everyone in Sonoma County invited to bring wares and selves. Help the creation."



Holmes Book Company

22 3rd St. (at Market), S.F. and 274
14th St., Oakland
362-3283 (S.F.) and 893-6860 (Oakland)
Large bookstores (their Oakland store is the biggest in the area) selling primarily used books (some new) at reasonable prices. Large selection. S.F. hours: M-F 9-5:30, Sat. 9-5. Oakland hours: M-F 9:30-9 p.m., Sat. 9:30-5:30, Sun. 11-4.

Planet Books

P.O. Box 26495, S.F. 94126 or
901 Sanchez, S.F.
285-6809

"Small bookstore in the Planet Repair Shop. Sells books, posters, and other literature on the environment and related areas. Also comic books, self-published material, and free informational literature. Proceeds go to the operation of the Planet Repair Shop, which promotes environmental awareness through the arts." Open Thurs-Sun, noon-7.

Yenan Books

2506 Haste, Berkeley 94704
548-2350

A revolutionary people's bookstore. The most complete collection of books from China in the East Bay, plus books on revolutionary struggles throughout the world, including the U.S. Open Mon-Sat 10-6, Sun 12-5, Wed and Thurs nights 7-10.

Book Depot

99 Throckmorton, Mill Valley
388-0217

Located in the Greyhound Bus Depot, they carry a large selection of current paperbacks plus "remainder" hardbacks generally at half price. Also local and underground papers, trail maps, cards, and esoteric, hard to find magazines. Open M - F 6:30-6:30; Sat. 10-5, and Sun. 10-4.

Metaphysical Center and Bookstore

420 Sutter, SF 94108

781-0732

Books on all occult subjects as well as classes, seminars, and lectures on astrology, Tarot, I Ching, yoga, esp, etc. Write them for a copy of their monthly bulletin of events. They also are opening a shop called Arades which will have hand crafted metaphysical goods including ritual robes, talismans, and symbolic art.

STORES

Book Lode One

2350 Telegraph Ave., Berkeley

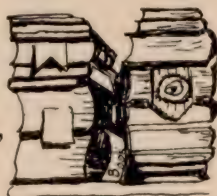
Pleasant bookstore carrying remainders (publishers' overstock), reprints, special imports (all of these at bargain prices) and paperbacks (at regular prices). Basically, "reduced prices on nice books." Open Mon-Sat, 9:30-5:30 and Sun, noon to 5.

Green Apple Bookstore

506 Clement St., SF

387-4918

Used books, both hard and soft cover, at good prices, sold, bought, and traded. Open 7 days a week mostly; 11-6 hopefully.



Book Center

172 Turk St., SF

474-1335

Specializing in Marxist literature from around the world. Also books on labor, Black Liberation, Third World, Womens Liberation, Peace, Sociology, History, Science, Poetry. Open Mon. - Sat. 10 - 6.

Pioneer Books

2388 Market St., SF

626-9958

A movement bookstore carrying Black Liberation, Womens Liberation, La Raza, socialist literature, etc. They hold a weekly free speech forum on Fridays at 8 pm, with debates, lectures or films on topical issues, called The Militant Labor Forum. Open 1 - 6 Mon. - Fri. and 12 - 5 on Saturday

Cody's Books

2454 Telegraph Ave., Berkeley

845-7852

"Features a wide variety of paperback books, a limited number of hard-bounds, low-priced German and French imported books. Open Mon.-Fri. 9 a.m.-9:45 p.m., Sat. 9 a.m.-5:45 p.m., Sun. noon-5:45 p.m.

Mandrakes

817 - 4th Street, San Rafael

453-3484

A large selection of used books, as well as some new titles, including occult and metaphysical books. A large rack of underground newspapers and posters are available too. They're open 10-6, Monday through Saturday and 12-5 on Sunday.

Kepler's Book Store

825 El Camino Real,

Menlo Park 94025

324-4321

Probably the largest selection of books on the Peninsula. They've carried movement-type publications for many, many years. Open 7 days a week until 11 pm.

Books Plus

3910 24th St., SF

285-8448

A large selection of current paperbacks, and a very friendly place where you can sit down and have a cup of coffee and rap. Art and craft exhibits, as well. Open 10-7, Mon. - Wed., 10-9, Thurs. - Sat., and 1-5 on Sunday.

Albatross

166 Eddy St., SF

885-6501

A large selection of used books in downtown San Francisco, including books on occult subjects, aviation, Western Americana, etc., Open 10 - 6 Mon. - Fri., 11 - 6 on Saturday.

I. Gutenberg

1372-9th Ave., SF

665-4666

Friendly neighborhood bookstore with a good selection of paperbacks, childrens books, psychology, eastern thought, mythology, craft books, and silk screen supplies. Free coffee. Open Mon - Sat. 10 - 7 and Sunday noon - 7.

Lewin's Metaphysical Bookstore

2644 Ashby Ave., Berkeley

843-9152

Run by two women who also prepare astrological charts.

Abraxis

335 San Anselmo Ave., San Anselmo

457-0609

Books on yoga, tarot, wisdom, new age literature, astrology. Classes taught. Open 11-6 Mon. - Sat.

The Tides

749 Bridgeway, Sausalito

332-5353

Worth a trip to Sausalito if you don't live there, The Tides is a very large bookstore with a tremendous selection of current paperbacks and newspapers, on every subject. Open 7 days a week 10 am - 11 pm

Business Assistance

Jerry Dodson

2021 California St., Apt. 304, SF 94109

Help with financial management, and general business management. Please don't phone or visit. Write him a letter outlining your project. If it's something he can help you with, he'll be in touch.



Camping for Groups

The two state parks listed below are available for groups of up to 100 people. The charge is 25¢ per person for youth groups (under eighteen) and 50¢ for adults (over 18), with a minimum of \$5 for youth groups and \$10 for adult groups. Only "formal" and "responsible" groups qualify--church, school, etc. Both sites have tables, restrooms, water, and fire pits:

Kirby Cove

Marin Headlands State Park

435-9111 (for information & reservation)

An undeveloped area located on the beach northwest of Golden Gate Bridge--open beach and Eucalyptus groves.

Alice Eastwood Camp

Mount Tamalpais State Park

388-2070 (for reservation)

Over-night camping for groups in the redwoods...located off of Panoramic Highway.

Sierra Equipment

747 Polk St. (at Ellis), SF 94109

WA 1-9140

Homey, informal shop specializing in hiking equipment--backpacks, sleeping bags, tents, food, and related accessories. They are a family operation which began in their living room several years ago to serve the Sierra Club, but they are now in larger quarters and open to the public. They have narrowed their stock down to what they consider best and most useful. You will find the lowest prices (a policy), knowledgeable and interesting people, and lots of good, free service and advice. Open Tues., Wed., and Thurs., 12-9 and Fridays and Saturdays from 12-5:30. Closed Sundays and Mondays. Free informative mimeographed catalog sent upon request.

United Jewish Community Center Day Camp

3200 California, SF

346-6040

A summer day camp for elementary school-aged children. Three 3 week sessions which include swimming, crafts, trips, overnights, and an emphasis on Jewish heritage. Cost is \$65 for three weeks and there are some scholarships available.

Camp Unalayee

514 Bryant, Room 9, Palo Alto

322-2805

A non-profit, non-structured, co-ed primitive wilderness camp which has hiking, backpacking, etc...for ages 10-15...leadership training for ages 16-17...some camperships available.

Camp Maacama

Katie, 525-3252 in Berkeley

Ray, (707) 795-5284 in Cotati

A funky country retreat, with swimming and plenty of space and structures. Good for all kinds of growth-oriented groups. Near Russian River and Canstoga Hot Springs. For more information, call the above.

The Basecamp

431 Belvedere, SF 94117

664-4313

Boots--hiking, backpacking, and mountaineering models. Emphasis on good fits for women. They also have a few other items like socks, shoe laces, waterproofing, and books. "Much care and time is put into fitting you well."

Ecologics, Inc.

554 Neilson St., Berkeley 94707

Educational enrichment through nature walks, field trips, and classroom visits to schools. Very reasonable fees. Also sponsors Camp Kuku which is a summer backpacking experience for boys and girls. Emphasis is on camping comfortably and ecologically. Counselor-camper ratio is 3-1. Camping trips will be held in August.



New Lights Wax Works

4249 - 18th St., SF

861-9827

Candles of all kinds, hanging candleholders, etc. A tiny shop with beautiful things. Open Mon.-Sat., 12 - 6 pm

Sunbow Candles

Virginia & Ellendale, Moss Beach, Ca 94038

Handcrafted candles of all sizes and shapes for all occasions. Various molded candles, handdipped tapers, sandcasted creations, all made with care and by hand. For sale retail and wholesale. Will teach basic candlemaking to school-age children (groups up to 20). We are located very near the beach and usually work outdoors so weather must be cooperative. Write for prices.

CARPENTRY

BUILD

548-5012, Berkeley

"We are a group of carpenters and electricians who've come together to find an alternative to oppressive conditions in the building trades. We work as a co-operative and share resources. We do service work for community organizations. For paid work, prices are negotiable. Workers interested in worker's cooperatives and people needing work done should call the above number between 6-8 pm."

Mary Esposito and Barbara Rhine

1826 Hearst, Berkeley 94703

848-5225

Carpentry, remodeling. No job too little or too big. Call us for free estimates. Interested in working with clients too. "Women learning and sharing manual skills helps establish independence and strength in the man's world."

Bill Anderson

4005 23rd St., SF 94114

826-8743 or 285-9559

Home repairs, remodeling...small and large jobs...will design and build lofts, decks, additional rooms, etc...interested in teaching people how to do work for themselves...reasonable rates, will trade services.

Jonathan Keehn, Carpenter

2090 Jackson St., SF

931-4472

Rough, general, or finished work for individuals, stores, etc. I'll give you an estimate on any size job. Will trade: how about for work on a VW?

Tony Napolitan

2448 Clay St., SF

346-2448

"I do the usual house-carpentry stuff but what I'm really interested in is post-and-beam construction." Prices are negotiable, about \$4.00 to \$6.50 an hour, may barter.

Tor Krieger

26 Lexington, SF

Carpentry, cabinetry, electrical work, painting. Prices from \$3 to \$15 per hour.

Carey Cole

174 Del Mar, SF

863-4859

An experienced carpenter who takes pride in his work. Price negotiated by the job. Has references.

CATERING



Jan

548-6578

Festive catering of all kinds. "If you can imagine it, we can do it." Indoors or outdoors. Exotic, organic, traditional gourmet foods and a variety of entertainment: dinner theater, chamber music, poetry readings, dance... Call anytime. They will barter.

Sunshine Juice Bar Restaurant & Catering

1718 Polk St., SF

441-3313

Complete catering service including tables and chairs and dishes, if necessary. Dinners start at \$2.50 per person and go up, depending on how elaborate a banquet you want. Lower prices for buffets and other kinds of affairs. Specializing in vegetarian and vegan diets.

Dorothy and Chan

YU-2-7664

Lunch that comes to you in the financial district. Dorothy and Chan are preparing delicious cold sandwiches, hot dishes, and soups using natural and fresh foods which they will deliver from their North Beach kitchen to folks stuck in their offices at lunchtime. Prices range from \$1.10 to \$1.75. Phone for the daily special, and for a copy of their menu.

child care

Lake Merced Play School

89 Belle Ave., SF 94132

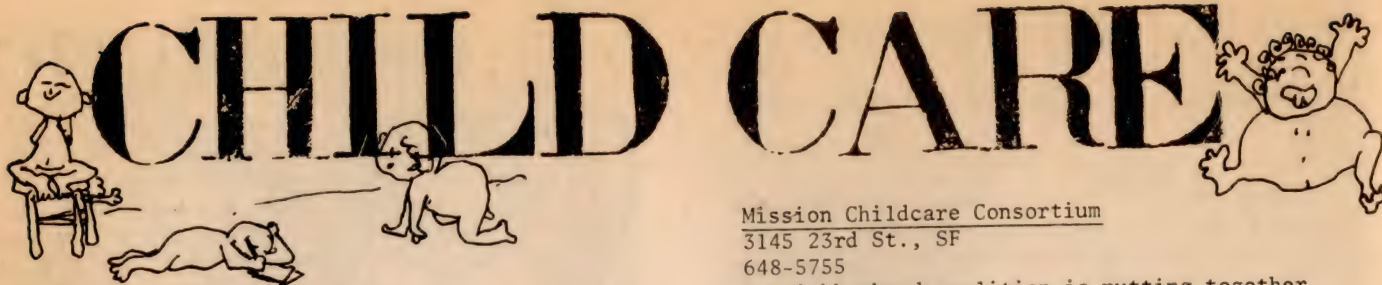
755-5047

(If no answer call 994-1856)

A co-op nursery with a director and one mother for every five children. The school is independent and is run completely by parents. It is a "free flow program. Children are free to choose their activities, with guidance and help when needed." There are three monthly rates: \$17.50 for two mornings a week; \$25.00 for three mornings; and \$27.50 for five mornings.



CHILD CARE



Community Children's Nursery

1105 Quintara St., SF

665-1880

Nursery for low-income residents of the Western Addition...children taken from age 2½ if toilet trained to age 5 years, 9 months... Center open from 7 a.m. to 5:30 p.m., Monday through Friday...designed for the child whose parents work away from home...parents automatically become members of the Nursery when their child enrolls and they are required to attend periodic parents' meetings. Fee for day care is based on income.

Florence Crittenton Child Care

850 Broderick, SF

567-2357

This child care center serves as a place where young mothers (18 and under) can bring their children while they finish school. The mother must be getting welfare in order to qualify for this service.

S.F. Unified School Dist. Children's Centers

Division

135 Van Ness Ave., SF 94102

863-4680, Ext. 284

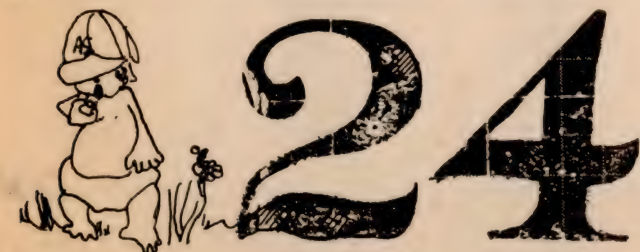
Thirty children's centers divided into nursery centers for children 2-5, and school age centers for children of kindergarten age or older, and some centers for both age groups. Children of single parents who work outside the home are eligible, as well as children who qualify under state legislation.

Sojourner Truth Child Care Center

2650 El Camino Real, Palo Alto 94304

326-5316

This is a parent-staff controlled child care center for children whose parents live or work in Palo Alto. They take children ages 2 years, 4 months to 5 years, 9 months. The Center is willing to be open from 6 am to 6 pm, five days a week. Fees range from \$15-\$65 per month and are based on a sliding scale.



Mission Childcare Consortium

3145 23rd St., SF

648-5755

A neighborhood coalition is putting together complete childcare facilities in the SF Mission district. Ten centers are planned, to accommodate about 800 children. Children must be 2 1/2 years old and toilet trained. (Facilities for younger children are planned, but not available yet.) Meals will be provided, an education program and medical attention will be available. Several centers are already open. Others will open soon. The service will be available free or almost free to working mothers who live in the Mission District only. 80% of the costs will be paid by the Welfare Department. The program is run entirely by neighborhood people.

United Jewish Community Center

3200 California, SF

346-6040

After school care for elementary school aged children of working parents...fee is on a sliding scale.

Coretta King Children's Center

8229 Plymouth St., East Bay 94621

635-2761

A day care center which was started with the aim of mixing children racially and economically. There is a loose structure with some free time and some group activities--art, field trips, etc. It is partially Federally funded--free for low income families and from \$30 to \$100 a month for middle income. Hours are from 7 a.m. to 6 p.m. Hot breakfast, lunch and two light snacks are served.

Sick Child Care Program

Berkeley City Health Department, Berkeley answering service 843-2425/ information 644-6458 This service is available to all Berkeley residents who work or are in school. The child must be sick, range in age from infancy to 12 years old, and have day care arrangements such as a babysitter, school, or day care center. If you are eligible, you can call the answering service and have a trained child care assistant come to your home. Fee ranges from \$.50-\$3.00 per hour, depending on income.

Phoebe A. Hearst Learning Center

1315 Ellis, SF

931-1018

Nursery school for children 2 - 4. Fee is based on ability to pay. Free art classes for children 4 - 10 who live in the Western Addition.

Berkeley Hills Nursery School
1161 Sterling Ave., Berkeley
848-6126

A parent co-operative school which is interracial and non-profit. It is "a free atmosphere, working with children at their own levels" and "child oriented". Hours are 9-12 noon for 2 and 3 year olds and 1 to 4 p.m. for 4 year olds. Tuition is \$35 a month with deduction for second child. Two scholarships are provided for low income families.



Ingleside Cultural Arts Association
425 Vernon, SF 94132
334-2400

A pre-school for predominantly black children. They have an African culture exchange program, with African foreign exchange students teaching some classes. It is also a parent-participation nursery. \$55 a month includes hot lunch, breakfast and snacks for children. They are trying to get other sources of funding, so they can provide child care for people who cannot afford it.

Family Developmental Center
3555 Army St., SF
647-1208

A child care center for children of mothers who are 14-18 years old and have at least one year of high school or vocational training to complete. The mother must live in San Francisco and must have a need for infant care. Newborns to 9 1/2 month old infants are taken but once the mother is enrolled, the child may stay until s/he is 2 years old. This must be the mother's first child. Mothers must spend 5 hours per week working with the school. The Center is open from 7 am to 5:30 pm. There is a waiting list so it is suggested that as soon as the mother finds that she is pregnant and decides that she needs the services of the Center, she put her name on the waiting list.

Linde Bingham
253 Arguello Blvd., SF 94118
387-3267

Daytime licensed child care (12 noon--6:00 PM). "The children who are with me...have been in my home a minimum of two years. This lack of turnover...is extremely rare and very conducive to extremely stable and happy surroundings."



CHIROPRACTIC

Dr. Weisenberg

Project One, 1380 Howard, SF
431-9899

Chiropractor who charges on a sliding scale based on ability to pay...open to barter...call for an appointment but keep in mind that he's only there 2 days a week so don't get discouraged--keep trying.

Churches

San Francisco Free Church

P.O. Box 386, SF 94101
431-1541

"The SF Free Church Collective seeks to bring about the positive involvement of the churches into the movement of cultural revolutionary change by providing a structure which will offer clergy and other brothers and sisters information, support, and other forms of help to enable them to become involved with peace, prison reform, gay liberation, etc."

Glide Memorial Methodist Church

330 Ellis St., SF
771-6300

A big city church that has revolutionized its Sunday service, and consequently has a very full and diverse congregation (the only church we know of where people line up early in order to be able to get in). Glide is a center for so many social change activities that it is impossible to catalog them here. Many groups meet there or have some connection with Glide.

Metropolitan Community Church

St. Aidan's Church, 101 Goldmine, SF
864-3578

A Christian church for the community which is made up of a majority of gay people...anyone is welcome to attend services which are held Sundays at 6 pm.

The Widening Gyre

Old First Church, Sacramento at Van Ness, SF
776-5552

A meeting place "to talk informally with many, to search with exciting community leaders for your point of involvement, to hear and see young artists perform." Fridays at 7:15 pm. No charge. Bring food and drink for the Common Table.

Clothes

Joy Vronsky

1925 Stuart, Berkeley
549-3801

Crocheted shawls, hats and scarves. Will trade.

Raspberry's Clothes

Erica
918 Divisadero, SF
929-7093

Custom-crocheted clothing, people's prices, bargain, barter or trade. Cotton, silk, rayon, and chenille, as well as wool.



Julie Rosen

1222 9th Ave., SF
566-5655

Hand crocheted things--clothes, hats, shawls, purses..."whatever you like." Made to order. Reasonably priced. Cheaper if you provide yarn and pattern (if necessary). "I do barter too."

Durant Street Clothing Store

2518-A Durant, Berkeley
848-2015

Clothing of various kinds. 50% of the profits from the store are turned back to the community in the form of loans and donations to good projects.

Natalia Rivas

Project Artaud, 499 Alabama, SF, Space 220
Crochet and macrame. Crocheted clothing which is intricate and exotic, with a flare of the antique. Personalized clothing-- "None of my creations are ever repeated." She also does palm and Tarot readings.

Jean Taylor

3638 Woolsey, Berkeley
845-8190

"I do custom embroidery, traditional and modern styles, on your stuff or I'll make it for you. Reasonable rates."

Clothes Closet

3233 Peralta (between 32nd & 34th)
Clawson School, Room 8, Oakland 94603
Free community "clothes closet." Drop off clothes you no longer need and pick up something "new."

Creature Comfort Co.

875 Church St., SF
648-3687
Rabbit fur purses, pouches and mittens and custom-made bedspreads, warm sheep skin hats, feather jewelry. I also can custom make fur items.

Harvey and Suzanne LeVive

1946 Clement St., SF 94121
387-1330

Design and manufacture a variety of handmade garments...long capes a specialty... groovy clothes for infants to adults... people's prices...will trade.

Free clothes or a change of clothes can be had at:

Lifeline Mission, 917 Folsom, SF, 392-2220
Every day from 9:30-11:30 a.m., plus shower and shave.

Rafael House, 712 Gough, SF, 621-1590
For women and children

Anchor Rescue Mission, 1254 McAllister, SF
567-6146

COFFEE HOUSES

The Bay Area offers numerous kinds of entertainment, some of which are listed in this book. Many people, however, don't know about the small coffee houses interspersed among the bigger, brassier, more publicized places to go. These coffee houses are low-keyed, low-priced, and often out of the mainstream of people traffic. They are community gathering places where you can relax, meet others over a cup of espresso, listen to some mellow music. Often, they provide a forum for people who want to "do their thing" musically, offering an "open mike" once or twice a week, at which the local bards can hold forth. On other evenings they may feature more set entertainment -- a jug band, a folk or rock or blue grass group. Or there may be a poetry reading. Some of these modest places encourage you to bring your chess or scrabble set and provide your own entertainment -- not a bad idea. We'd like to see the coffee houses prosper because they are small-scale and friendly, you don't feel pressured or rushed, and you can have a pleasant evening's talk, refreshment, and entertainment without feeling robbed of your time, energy, and money. Some of the spots we like a lot are...

Freight and Salvage

1827 San Pablo, Berkeley 94702
548-1761

Good entertainment, with a hoot every Tues. night and Singer's Circle every other Wed. 50¢ admission for hoots and Singer's Circle, weekends \$1.25, other nights it depends on who's performing. Home made cakes, cookies, etc. plus coffees and teas - almost all for 30¢ and under. Open Tues-Sun, 8 p.m. to 12 or 1.

Cafe Shalom

3200 California, SF
346-6040

Open every Saturday 9 p.m. to 1 a.m.... folk dance lessons 9-10 p.m...informal entertainment, dancing, refreshments... admission is 75¢ for Jewish Community Center members...others pay \$1.25.

The Bishops' Coffee House

1437 Harrison St., Oakland, Calif.
835-3366

"We have a coffeehouse community, a drop-in center for personal and social getting together, stage-type entertainment, and gentle game-playing. 7:30-midnight nightly. Scheduled luncheons or meetings anytime, catered or just coffee and tea. Atmosphere of no-hassle, no pressure to purchase a thing. An experiment, entering its fourth year, trying to span age, sex, race and class groups. Chess and meals (Wednesdays, 5-6:30 p.m.) for all ages, bingo for oldsters, growth programs for middle class freaks, exposure/experience for hippie and non-hippie performers on stage. Benefit nights for Third World causes. Gay nights some times. Food conspiracy. Art pieces on display.

Intersection's Coffee House

756 Union, SF 94133

397-6061

Clean, comfortable, warm atmosphere, coffees, teas, homemade bread, pastries, soup, cheese. Located in the basement of a little theater which was a church in its past life. A pleasant place to go before or after performances or any time. Open 6 days a week from 7:30-11:30 pm. Closed Mondays.

Family Farmacy

2801 California (at Divisadero), SF

567-5499

This is a restaurant-coffee house that serves dinners for \$2.95, and also has cheeses, sandwiches, coffee, etc. Service is slow. Folk singers and other entertainment perform nightly and there is no admission charge but there is a 50¢ minimum. Art things are sold on consignment here (artist's commission depends upon a number of factors). Open M-F, noon to 2 am and Sat. and Sun. from 2-2.

The Blue Unicorn

1927 Hayes (near Ashbury), SF

752-6710

A mellow place to go to play chess and talk and listen to music. Open mike every night but Tuesday (poetry) and every other Wednesday (Singer's Circle). Reasonable prices for espresso, pastries, sandwiches. Open daily, noon - midnight, Fri. and Sat. till 2 a.m.

Meat Market Coffee House

4123 - 24th St. (near Castro) SF

285-5598

A relatively new, low-keyed place serving espresso and home ground coffees, herb teas, pastry and sandwiches. It also sells bulk coffee. A community coffee house where people can relax. The name comes from the fact that this same shop used to be a meat market. Open daily 2 p.m. - midnight, Friday and Saturday til 2 a.m.

Malvina's Coffee House

1499 Grant, SF

392-4736

Open friendly atmosphere, good conversation. They serve pizza by the slice, cookies and other goodies. Best prices in town for fresh ground coffee for home brewing.

Cafe Trieste

601 Vallejo (at Grant)

392-6739

Old time bohemian atmosphere...a good place to go alone to think or with friends...for lively conversation and a variety of people. A pot of tea is 35¢, a cup of espresso 25¢, fruit drinks and pastries also served.

Brothers Unlimited

739 El Camino Real, Redwood City

365-8369

A sandwich and coffee shop open Monday-Saturday from 11 am - 2 pm. Nights from 9 pm - midnight except Fri. and Sat. till 1 a.m. Entertainment on Fridays and Saturday nights with auditions held Monday nights at 9. Reasonable prices.

Coffee Celler

2430 Dana (basement of 1st Baptist Church), Berk. Part of the Berkeley Youth Alternatives Program... a place where anyone can drop in to have coffee, play ping pong, watch t.v., rap, etc...open Mon., Tues., Thurs., and Fri. from 6:30-10:30 pm.

Cedar Bonita Coffee House

Fireside Room, Berk. Fellowship of Unitarians Education Bldg., 1606 Bonita, Berkeley

841-4824 (Fellowship Phone)

Small get-together with entertainment every Friday eve. from 9 - 12 p.m. Local talent and other creative entertainment. All welcome, donation asked.

Coffee Gallery

1353 Grant Ave., SF 94133

362-9369

A bohemian tavern with free entertainment every night. Art and photography exhibits (no commissions are ever collected on items sold). Relaxed, casual atmosphere with good conversation. Free chessboards for use on premises.



Communes

Spiritual Community

P.O. Box 1080, San Rafael, Ca. 94902
(415) 453-9489

A non-profit spiritual center and community dedicated to channeling information about the many "ways" of the spirit. They have put together a truly well-mapped path for seekers--the Spiritual Community Guide. (See "Publications").

David and Elena French

Box A-46, Johnson State College
Johnson, Vermont 05656
(802) 586-2244

Information on work alternatives for groups seeking to support themselves through communal activities. "We seek news of groups who have tried such activities, and will share anything we know as to technologies, financing, land ownership, legal hassles, intercommunity trade and mutual assistance, etc." No charge.

Mohandas

861-2264 (SF)

Commune forming..."organizing (personally, economically, and sociologically) now for October 1973 departure, mental and physical...permanent Woodstock...no drugs...good standard of living...no more cops/robbers games for us...leave name and address, I'll mail printed details."

Aquarius Project

P.O. Box 4013 Berkeley 94704

"We are presently working with several groups planning to form communities, and we are actively exploring possible ecologically compatible, etc. technologies which could be utilized by such communities...We have developed several schemas and strategies for the (economic) evolution of such communities...We intend to publish a number of technical manuals for the use of communes and on various 'counter-technologies'. And of course, an intermediate-range goal toward which we are moving is the founding of our own automated urban-rural commune."

Alternatives Foundation

P.O. Drawer A, Diamond Heights Sta., SF 94131
Membership of \$10 yearly brings subscription to Alternatives Newsmagazine, as well as two books: Communes, Europe, and Utopia, USA, plus inclusion in a People's Directory for contacting like-minded individuals or communes. Any of these, plus other communal books and back issues can be obtained separately.

The Purple Submarine Game

1833 Page, SF 94117
752-0773

"We offer a wholesome alternative to marriage for people who want to stay single and build a lifetime gestalt community based in San Francisco. We are a coalition of Liberated Women In Action and Transformed Men and we represent a new way life that employs pure democracy, multi-media communications and education, and a new technique in self-awareness called gestalt-o-rama."

COMMUNICATIONS

Hi!

Resource One

1380 Howard, SF 94103
864-8663

A group working to improve all kinds of communication and resource-sharing among people doing alternative trips. Resource One has a large timesharing computer with the power to serve many users, and it is trying to figure out good ways to use it such as an educational program for people who want to find out about computers and electronics, an information-sharing system for Bay Area switchboards and free clinics, etc. Ideas are welcome and anyone interested in using his/her skills (especially computer experience) in new areas will be especially welcomed.

A Dream for Berkeley

1911 Rose, Berkeley 94709
525-3353

"The Dream for Berkeley is a group of people dedicated to the proposition that given a chance, people of vastly divergent backgrounds can hear each other, extend understanding hands and eventually form bonds based on human values...We see our role now as 'informal ombudsman'...Let us know of your present or proposed projects or concerns and we will spread the word and try to get others involved and working on it."

AFSC Traveling Bus

2160 Lake St., SF
752-7766

A diesel-powered greyhound bus which has been converted into a mobile library, rap center, living space. The American Friends Service Committee uses it for social change work in communities outlying the Bay Area. Traveling through small towns which are relatively isolated, the bus serves as a mobile and visible meeting place and information/rap center to share energy and bring diverse groups together. It is hoped that a "new life network" can be formed among now isolated social change groups (involved in peace, new vocations, the environment, women's rights, Third World liberation) in northern California, Oregon, Nevada and Utah. The bus is staffed by rotating groups of individuals and trips are usually one or two weeks. Contact Scott Jordan or Chris McCandless for further information.

Third World Communications

P.O. Box 1959, SF 94118
221-7128

Third World Communications is a SF based publishing and media collective emerging from the Raza and Asian communities of SF to form the nucleus of an organization designed to meet and fulfill the communication needs of all Third World communities. They will be featuring Third World peoples in all forms of media including films, plays, and the translation and publication of new and discontinued books. Primeros Cantos from the Raza community (a book of poetry) costs \$1. Aion, a magazine from the Asian community costs \$1.25.



Centro Latino

1292 Potrero Avenue
San Francisco 94110
627-6237

Tutorial, sports,
drug abuse programs.
Also special activities during summer vacation.

Alternative Futures Community Center

2012 Pine St., SF
567-9877

This community center is located in an old church. "It was established to allow community oriented groups and individuals to have space necessary to conduct their activities. Several groups rent permanent space in the building and others use the facility for weekly events during the evenings or on weekends." A building collective meets on Mondays at 3 pm and anyone from the community can attend. The meetings are designed to work out details of use of space in the center.

The Group (Grass Roots Outreach to Underprivileged People)

457 Haight, SF
861-6840

Sewing classes for adults, dance class for children, piano lessons, furniture refinishing class, etc. Also a tutorial program for children on Mondays and Wednesdays at 5:30. More tutors are needed. All services are free.

Damien House, San Mateo

319 Villa Terrace, San Mateo 94401
348-9400

A 24 hr. daily drop-in center. They have encounter groups, field trips, a free school, classes, counseling with families and children, a crash pad, crisis intervention, and a speaker's bureau. No charge for anything except the speakers, who ask a \$25 donation (this is flexible). They used to deal mostly with drug abuse treatment and education (still some of this), but have enlarged their scope. Drop in or call for an appt. if you want counseling. Volunteers needed.

Canon Kip Community Center

705 Natoma (at Eighth St.), SF
861-6801

Friendship clubs, special interest classes, outings, tutoring, compensatory reading, community organization services, and counseling for South of Market residents from 3-93 years old.

YMCA

220 Golden Gate Avenue, SF
885-0460

This is the headquarters of the YMCA in SF. Branches are located throughout the City. Various classes and recreational programs are offered with most being directed towards boys and young men. Branches are listed in the phone book under Young Men's Christian Association or call the main office for information.

Fillmore Youth Center

690 Page St., SF
863-6856

Provides recreational programs including ping pong, pool, basketball and track teams, and judo and karate classes. In addition, they sponsor field trips for children, teen agers, and adults. They also have a tutorial program in which interest in the total child is stressed. No charges for services.

Damien House, South San Francisco

983 Linden Ave., South San Francisco
583-2588

A drop-in center and referral agency doing family counseling, drug counseling (with kids 11 to 18 -- this is flexible), gay counseling, etc. They also have a free school. No charge, and they need volunteers.

Hospitality House

148 Leavenworth, SF
776-2103 or 558-2588

This is a young adult center catering to "street" youth from 18-30 in S.F.'s Tenderloin district. Hospitality House is meant to be a sanctuary for such youths, providing a warm and friendly atmosphere where relationships of trust and confidence can be built. Among the services offered are: a Drop-In Center (open noon-6am) where people can crash, read, sing, dance, and receive free food and clothing; an employment office offering 1:1 job counseling and employment workshops; a creative arts department with an open studio-shop and a store where articles made on the premises can be sold; a psychiatric day care center providing free individual and group psychotherapy, free medication to those in need, and day care activities (outings, arts and crafts, music) as well as referrals for assistance with welfare, housing, employment, and legal problems; and a medical clinic offering most out-patient services and primary preventive health education. Family planning services are available on Wed. afternoons. Hours (except for Drop-In Center) are 10 am to 6 pm., Monday through Friday and all services are free.





more community centers



Community Centers in San Francisco

Throughout the City there are various community centers which provide recreational activities as well as classes, referrals, counseling, etc. Call to find out schedules.

Booker T. Washington Community Service Center

800 Presidio Ave., SF 94115 921-4758

Mission Neighborhood Center

362 Capp St., SF 94110 285-3400

Potrero Hill Neighborhood House

953 De Haro Street, SF 826-8080

Telegraph Hill Neighborhood Association

660 Lombard, SF 421-6442

YWCA of San Francisco

620 Sutter, SF

775-6500

Women working together to affect change in our lives, communities, and our country.

"The YWCA is a force to create positive change.

It's become the place to share in the collective power of women - young and older - from every ethnic, social, economic, and religious background. Goals are peace, freedom, and dignity for all people. The new YWCA has one vital imperative - eliminating racism." The YW also has classes in crafts, music, dance, swimming, cooking, sewing, karate, auto mechanics, seminars on women and racism. The Women's Center-Open Place is a new place at 620 Sutter, open for lunches and supper weekdays. Other branches in SF are:

Clay Street Center 965 Clay 982-3922

Western Addition 1830 Sutter 921-3814

Membership fee is \$5.

There are also YWCAs in other cities in the Bay Area. These include:

Marin- 305 Mission, San Rafael 456-0782

North San Mateo County- 375 Mayfair Ave.,

Daly City 756-7370

Palo Alto- 4161 Alma St. 327-0972

San Jose- 5 2nd (at E. San Antonio) 292-1075

Oakland- 1515 Webster 451-7900

Berkeley Community YWCA

2134 Allston Way, Berkeley

848-1882

"Programs by and for Alameda Co. people: One-to-one tutoring for foreign-born adults (to learn English); children's recreation; Women's Refuge and info. center; children's, coed, and women's classes; Y-wives group; childcare; social recreation for handicapped adults; junior high and high school women's groups; Communications Council. Will rent meeting space to community groups." They always need volunteers. Most programs are free or for a nominal charge. Call for schedule.

Brotherhood Way Jewish Community Center

655 Brotherhood Way, S.F.

334-7474

"Programs for people of all ages from nursery schoolers to senior citizens. Special interest groups, trips, social groups for teenagers...lectures, seminars, classes for adults. Camping during summer for children of every age. Family membership available to anyone at \$85.00/yr. for whole family...membership for single mothers, \$60/yr. Reduction in fees available. Call for more information."

Jamestown Community Center

180 Fair Oaks, SF

647-6274

Arts and crafts, ceramics, ping pong and pool, teen lounge, classes in first aid, knitting, cooking, shop--auto, metal, and wood, boxing and weight lifting, drug counseling and education, library and study room. Except for a minimal fee for ceramics and field trips, all activities are free. Open 3-9 pm weekdays, 10-4 Saturdays, and 12-4 Sundays. Closed Thursdays.

Humanist Community of San Francisco

125 El Camino del Mar, S.F.

221-8642

"A non-theistic alternative to traditional religions. We try to provide a sense of community, an opportunity for growth and involvement, counseling services (weddings, etc.) For people who believe we have only one life to live and ought to try and make it good. For more info. and a monthly schedule of activities, please write or call." They have free discussion groups, free encounter groups for high-schoolers (a small fee if you're older). Fees charged are according to their needs and the person's ability to pay.

San Francisco Jewish Community Center

3200 California, SF 94118

346-6040

All sorts of programs for all ages...arts (including silkscreen and calligraphy classes), dance, complete health club facilities, swimming pool, yoga, organic cooking classes, scuba diving, films, lectures, seminars about Judaism, etc...activities are open to members and non-members...membership is fairly expensive but entitles the member to discount rates on classes, etc...open Mon. through Thurs., 10-10, Fri., 10-5, Sat., 9 pm to 1 am, and Sun., 10-4.



Sensemaya

1718 University Ave., Berkeley 94703
843-0790

Sells handmade clothes on consignment--crochet, weaving, quilts, jewelry, ceramics, tie-dye and batik. Anyone may bring in his or her crafts for consideration.

People's Arts and Crafts Fair

Glide Church, 330 Ellis, SF
771-6300, ask for Vee Tecson
The People's Arts and Crafts Fair is held at Glide Church every first Sunday of the month from 9:30 a.m. to 2 p.m. Space is limited to 20 artists and craftspeople on a first come-first serve basis. Reservations should be made starting about two weeks before the next Fair. 20% of all sales goes to the Church Office Emergency Fund.

The Smithy Handcrafts Co-op

2011 Fillmore St. (near Pine), SF
563-4188

A craft co-op which owns a shop carrying men's and women's clothing, jewelry, pottery, candles, and craft supplies. They are looking for things to take on consignment. "We are looking for new members. Please come talk to us, Monday-Saturday from 11-6."

Arts and Crafts Co-op

1652 Shattuck, Berkeley 94709
843-2527

Things are taken on consignment after a selection committee approves them. All items must be hand-crafted.

Peace Union - Dove Store

424 Lytton, Palo Alto 94301
325-3765

"Artists and craftsmen who are peace oriented can sell their goods on consignment at the Dove Store, knowing that proceeds go to the anti-war movement." The artists price their goods and the Dove Store takes approximately 40%.

Snailspace

4290 24th Street, SF
826-3184

Takes things made by women on consignment.

CONSUMERS

Consumer Complaints

Look under Consumer Complaint and Protection Coordinators in the phone book white pages. To register a complaint or obtain information, call one of the specialized agencies listed. For recorded consumer education alerts in Spanish and English, call 556-3494.

Department of Consumer Affairs

30 Van Ness Avenue, SF
557-0966

Send for their booklet, "Consumer Complaints--Handy Reference", which is a list of the places to call to make complaints. Call them, but also call one of the following:

Both the following groups ask a \$4 membership, but will try to help regardless. All these groups are relatively new and needing energy and commitment.

San Francisco Consumer Action

2290 Van Ness Avenue, SF
776-8400

A membership group which is more geared to help than the government agencies. Meetings second Wednesday of the month at 8 p.m., and the phone is manned Monday-Friday from 10-2.

Consumers United of Palo Alto

Box 311, Palo Alto, 327-8431
Monthly meetings and a newsletter. Meets second Monday of each month at First Congregational Church, Lewis & Embarcadero, Palo Alto, at 8 p.m., and the phone is manned Mon.-Fri. from 10 to 4.

Berkeley Consumer Action Alliance

1704 Walnut, Berkeley
Meetings Each Wednesday at 8 pm at the Shattuck Avenue Co-op meeting room.

Alameda County Consumer Action

21455 Birch, Hayward, 886-2870

Diablo Valley Consumer Action

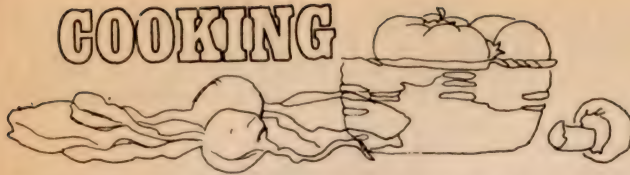
c/o S.Main Co-op
1295 S. Main, Walnut Creek, 937-6673
Meets each Fri. morning at members' homes.
Consumer Action of West Contra Costa
P.O. Box 656, El Cerrito, Calif., 526-7759
San Mateo County Consumer Action
P.O. Box 714, San Bruno, 873-6300



Consumer Co-operatives

4805 Central Ave., Richmond
526-0440 (East Bay Headquarters)
164 S. California Ave., Palo Alto
321-6610 (Peninsula Headquarters)
Stores (groceries, pharmacies, etc.) which are owned and used by people who join the Co-op. Stores in El Cerrito, Berkeley, Corte Madera, Walnut Creek, Castro Valley, Palo Alto, East Palo Alto (Nairobi), Sunnyvale, Menlo Park, and Mountain View.

COOKING



Macrobiotic Cooking Classes and Lectures

George Ohsawa Macrobiotic Foundation

1471 Tenth Ave., SF

564-8651

Cooking classes at 5:30 pm on Tuesdays...class is \$1.25, dinner is \$1.50, both are \$2.50...lectures on Fridays at 8 pm...cost is \$1. Call for more information.

Vegetarian Cooking

586-2600

A free vegetarian cooking class is offered through the Communiversitry. It is an informal exchange of knowledge and recipes; not a "class" in the traditional sense.

San Francisco Vegetarian Society

1450 Broadway, #7, SF 94109

PR 5-6847

A non-profit organization "for health and humanity." Monthly lectures and newsletters. Introductory literature sent free upon request. "We are...dedicated to helping mankind learn that it is not necessary to kill in order to live, a truly non-violent affirmation of love and life."

COSMETICS

New Age Creations

219 Carl St., S.F.

564-6785

This is mostly a firm that makes and produces wholesome, natural cosmetics.

Cosmetics in the sense of not covering up problems (like pan cake makeup) but in the sense of cleansers and creams that work to clear and hydrate the skin to keep it healthy and beautiful. so that you won't have to "cover it up." Mostly wholesale. Get a few friends together and you can buy at the wholesale cost. Write or call for a catalog and price list.

The Body Shop

2063 Union, SF 922-4076

2566 Telegraph, Berkeley 548-3686

Perfume oils, scented glycerin soaps, body oils and lotions. We particularly like the good shampoo which can be bought in refillable bottles (you can bring your own) and in quantity.

Serge Echeverria

1541 California, SF 94109

"Mental-spiritual release through verbal-non verbal expression letter composition." Spanish-French instruction, translation.

Kama Tantra Ashram

625 Ashbury St., S.F.

861-9209

Dr. F. Story Talbot, Karuna Maitri, has free classes in yoga, psychic workshops, creative intimacy, consultation, an open meditation room, and a meeting room for outside groups. No charge for any of this. "We are developing a consciousness that draws upon traditional learning and disciplines of all religions, but goes beyond, exploring existence and essence beyond the field of the known..." Call for schedules.

Om Home

2330 Fillmore St., S.F.

922-2518

"Evening meetings to study meditation, white magic, dream interpretation, creative visualization and more. Small groups in order to enable souls to communicate. No set fee -- donations of money, goods, or services accepted. Call for schedule. Also esoteric astrology readings for \$20.00."

Body Poetry

1385 19th Ave., S.F.

665-3255

A most subtle line of organic cosmetics formulated by Dr. Kenneth Peterson. Glycerin soaps...bubble baths...complexion care...body lotions...hair care...essential perfume oils, et al. Open M-F, 12:30 to 5:30 and Sat. 10-4. Bring your favorite bottle for them to fill, if you like, and save packaging costs.

Common Scents

3920-A 24th Street, SF

826-1019

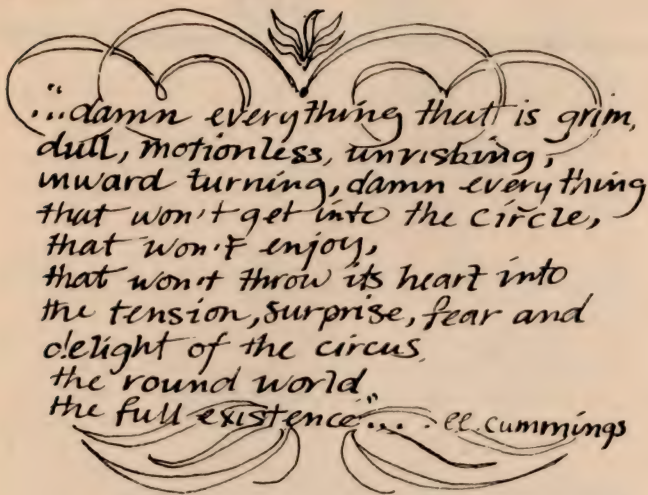
"Express yourself with a fresh natural fragrance that has an individual meaning for you. Caress your body, your hair, your mood with glycerin soap, shampoos, rinses and conditioners, lotions, essential perfume oils, bubble bath, toners." Over two dozen scents, common and uncommon...you are invited to add your favorite. Also natural sponges and Loffahs (vegetable sponges). Open Mon.-Sat., 10-6, and Sundays 1-5. Bring your own bottle and save packaging costs.

consciousness

Sphere

208 Mariposa Ave., 755-0990
3644 Ulloa St., SF, 566-7036

A non-profit school of arts and esoteric sciences. "There are two departments: (1) The Academie of the Earthen Esoteric Sciences; and (2) Center for the Synthesis of Human Artistry...Anyone able to finance, sponsor, or donate money, tools of learning, or courses, please call or write.



counseling

Center for Feminist Counseling

398-8207
Women who are looking for psychotherapy or counseling and want to be seen by a woman counselor may now contact the Center for Feminist Counseling. "We are a non-profit-seeking group of therapists interested in providing a viable therapy service for women. We are feminists; we are women trained in traditional mental health settings--a counselor, a social worker, two psychologists. We are looking towards the creation of an energizing, non-oppressive psychology of women. Rather than following any one 'school', we are committed to women's right to choose and define for themselves who they are, and how they will live their lives." Fees are on a sliding scale, based on ability to pay; general minimum fee is \$5 per hour.

Desiderata House

2229 Washington Ave., San Leandro
352-5431

A counseling center offering a 12 hr. switchboard (10 a.m.-10 p.m.), out-patient services with one-to-one counseling, parent counseling, group therapy, and a complete referral system. Also educational speakers for community organizations. No appointment needed, go between 10 and 10. No charge.

Jewish Family Service Agency

1600 Scott St., SF 94115
567-8860

This agency provides counseling and psychotherapy to individuals and families. The program includes individual, conjoint family, and group therapy techniques and is available on a sliding scale fee basis according to income.

The Alemany Day Treatment Center

45 Ononodaga, SF
586-8842

Treats emotionally disturbed adults in the Bayview-Hunters Point area...Five day a week program lasting all day...Recreation therapy, excursions, activities, and voluntary group therapy...Many of the people there have recently been discharged from mental hospitals...Fee is according to ability to pay...Open 9-4, Monday through Friday.

National Center for Solving Special Social and Health Problems - Fort Help

199 Tenth Street, SF 94103
864-4705, 864-HELP

"The Center is a private non-profit futuristic facility for helping people who have drug (from alcohol and tobacco to heroin), sex, suicide, or overeating problems...Special programs within the Center include the only private and self-supporting methadone maintenance program in the State, a transsexual program, a stop smoking program, an overeaters program, pregnancy counseling, and a program for impotence, frigidity, and other sexual difficulties." Among the techniques of help used are group and individual counseling and therapy, encounter, psychodrama, gestalt, massage, yoga, behavior modification, job counseling, and self-help. "There are no financial, geographical, age, sexual, or other restrictions for getting help. Those who can are asked to contribute. Open evenings and weekends in addition to daytime hours."

Street Ministry

8 Olive Street, Mill Valley
388-7024 and 383-0492

Sponsored by a group of nine churches in southern Marin County called Team, the Street Ministry staff does referrals for all sorts of problems of young people. Drop in to their office. They have a lounge, and there's always a staff member on hand. The office is open roughly from 9 to 5. See also "Work", "Crash Pads," and "Health."

Four-O-Nine House

409 Clayton St., SF
621-9553

An experimental ministry in the Haight-Ashbury continuing to serve the migratory youth culture while trying to keep the multi-racial neighborhood together. Help is offered in many areas, including draft counseling and welfare rights.

New Start Center

40 Holland (near 4th and Howard), SF
771-8800, ext. 332

A counseling service for residents of the Yerba Buena redevelopment area. No fee.

Cradles

Cradle and All
4056 19th Street, S.F.
621-2439

Hand made cradles, toys, and furniture. Cradles from \$35-\$50, no nails- all oak peg construction. Handsome, durable. "Short of twins, you'll never need another cradle."

DDD

DANCE

Sufi Dancing

410 Presida, SF 94110

A group dance using sacred phrases from the world's religions. Classes in the dance and the walk at 410 Presida, SF, Sat. at 2 PM and Sun. and Mon. at 7:30 PM., includes some meditation and sacred literature from all over the world. There are also classes in Sausalito on Wed. at 8 PM at the Sausalito Art Center. All classes are \$1.

Dance: The Celebration of Life--A Workshop 982-0260 (for information)

"This is not a workshop designed to teach 'dancing', i.e., some steps that one can display on the dance floor or the stage, but rather, the significance of space, time and energy through the medium of dance." The two-hour studio sessions include movement, sensibility awareness, dance technique and improvisation; followed by a one hour "rap" session which includes films, lecture-demonstrations by instructor and guest artists. A total of ten 2 hour workshops are offered for \$15 or \$1.50 each workshop.

Awareness Through Dance

731-6480 (Lucy)

Body development through basic dance technique, breathing, relaxation, and improvisation. Finding the Source of pure movement from within the body as well as from outside sources. Six week session beginning Tues., July 11, 2-3 PM. \$10 per session. Register in advance by calling the above number.

* * *

Musicians, Dancers, and Artists interested in getting together to develop a performing improvisational group should call Susan at 647-5269 or Lucy at 731-6480.

crash pads

Mill Valley Methodist Church

Camino Alto & Sycamore, Mill Valley
388-9842

Sponsored by the Street Ministry, the church is open for crashers at 6 pm daily. A meal is served at 7:30. There are showers. You must leave by 8:30 the following morning, and there is a 4 day limit per person for crashing.

Women's Dance Group

Black Light Explosion, 330 Grove, SF
626-9552

Led by Eileen Larue, this group meets on Tuesdays and Thursdays from 10-12 am...modern dance, yoga, and karate exercises...open to all women...no cost.

Dancers Workshop (Ann Halprin)

321 Divisadero, SF
626-0414

Self-discovery through movement, collective creation rituals, ceremony and myths from a multi-racial, cross-cultural, and environmental orientation. Call for a schedule of workshops.

Mandala Folk Dance Center

603 Taraval St., SF 94116
731-9829 (after 6:30 pm)

Classes nightly, except Monday, in Balkan, Greek, and Israeli folk dancing from 8-9:30 pm. Request dancing from 9:30 on. \$1.50. Free coffee and tea with other beverages and pastry on sale. Also, ethnic records, jewelry, finger cymbals, and ethnic articles for sale. Phone for information.

First Unitarian Church

1187 Franklin Street at Geary
Greek-Balkan-Israeli instruction and free dancing at beginner-intermediate level. Tuesday evening 8-10:30 PM. \$1.

Joy of Dance

Odyssey Studio

375 Sansome, 1st Floor, SF
391-1313, 771-4056 (ask for Randi)
Adult classes for everyone, from beginner to advanced--belly dancing, jazz-rock, interpretive and tap dancing. Monday and Wednesday evening at 6:30. \$12 a month for a one hour class weekly.
"Freedom, dance, joy for all the people."

Dancers

Jane Maxwell

4166 Moraga St., SF
661-3157

Crocheted leg warmers made to order--any length, any color. \$10 per pair. They really keep your legs warm.



Alaya Stichery

283 Connecticut, SF
864-0316/861-9350

cushions

Makes a variety of floor cushions and mats for meditation, yoga, sleeping, and all kinds of living activities which take place on the floor. The cushions and mats are useful indoors or out as alternative furnishings to chairs, beds, and carpets. They seem expensive but are of a quality which usually cannot be bought in this country--hand cut, machine sewn, hand stuffed and tacked with best quality materials and workmanship.

Milberry Union

University of California Medical Center
3rd and Parnassus, SF
Free Greek-Balkan-Israeli dancing with some instruction, noon to 2 pm on Tuesdays.

Hindi Dance Class

Ishvani
474-6010

Hindi dance is a folk media of India; its study follows the natural line of the body. It is a descriptive dance using mudra hand gestures and song. Ishvani is a calm and patient teacher--she begins the class with Yoga to wake up the body and mind. \$15 for 6 classes.

Donna Lipkowitz

1269 4th Avenue, SF 94122
564-7502

Teaches creative dance incorporating modern dance techniques, Yoga, movement sensitivity, and improvisation. The classes meet at 2012 Pine St. on Wed. from 6-7:30 pm. \$10 for 5 classes but she won't turn anyone away if they don't have it. She may offer additional classes for children and adults.

Every Body's Dance Studio

4939 Broadway (at 51st St.), Oakland
654-9498 or 652-0879

A people's dance studio offering modern dance, belly dancing, Hindu dance, flamenco, African dance, Tai Chi, exercise classes and square dancing. There is an all men's modern dance class. Price ranges from \$2 to \$2.50.

Westwind International Folk Ensemble

c/o Mandala Folk Dance Center
603 Taraval, SF 94116
731-9829 or 334-6901

Westwind is a group of about 50 dancers, singers, and musicians interested in preserving and performing the folk medium. They perform such things as a Shaker Worship Service, Russian City Quadrilles, Ukranian Wedding Celebration, American Suite, etc. Prices vary according to travelling distance, length of performance, etc. but are approximately \$150 an hour.

Flamenco Dance Class

Cruse Luna
982-9791

Flamenco is a stylized Spanish folk dance characterized by lively castanettes and heel work and a quality of pride and sensuality. Cruse Luna is a fine dancer and a sensitive teacher.

Los Flamencos de la Bodega

(at the Old Spaghetti Factory)
478 Green St. (corner Upper Grant), SF
421-0221

Two guitarists and three dancers perform "for the love of Flamenco," Friday and Saturday nights at the Old Spaghetti Factory (first show at 10 p.m., second show at 11:30 p.m.). Admission is \$1.50. They also teach Flamenco guitar and dance.

Performing Arts Workshop

1530 Buchanan St., SF 94115
931-9228

The Performing Arts Workshop is a non-profit school of theater and dance. It provides classes for children, preteens, teens, and adults in different types of dance and acting. It is co-ordinated with the public schools for accreditation for high school students, and offers scholarships for all age students. Fees are minimal for non-scholarship students.

Carol B. Butler

Ballet and African Dance
681 Arguello Blvd., SF
221-9021

An adult class in beginning ballet technique combined with African and creative movement. This includes correct body placement; isolation of body parts; warm-up exercises; and ballet, African, and creative combinations.

New Dance Workshop

6371 Telegraph, Oakland
549-3678, 848-7644, 848-4566

Modern dance technique, creative dance, belly-dancing, Ceylonese and Caribbean dance.

DENTAL CARE!

University of the Pacific Dental School Clinic
2155 Webster, SF
922-0220

They do dental work on anyone with the sort of problem that students can handle. The patient goes in for a preliminary exam. You don't need an appointment for this exam, but you should call to find out when the clinic is open as the hours vary with the school year. The patient should plan to spend at least an hour and bring \$20 in cash, which is the fee for x-rays if you're accepted after the preliminary exam. Those on welfare should bring something from the welfare office such as a MediCal card. If you are accepted, a dental student will begin work. The fee charged (after the x-ray fee) is only the cost of the materials used. They will see patients in emergencies if the person is in pain. There is an \$8 minimum charge for this.

University of California Dental Clinic
3rd and Parnassus, SF (6th floor of Medical Sciences Building)
666-1891

Dental care for anyone living in the Bay Area, as long as the work is not so extensive or complicated that it can't be done by students. Must register in person. Less crowded in the early morning or early afternoon. If accepted, you make an appointment for x-rays. This appointment may take a while to get. After the x-rays are taken, a dental student takes the "case". It may be a long time before this happens as there is a long backlog. Once the work begins, plan on spending a half day a week at the clinic until the work is done. The students are not hurried and each step is checked. Appointments are three hours long. There is a \$1 registration fee, up to \$12 x-ray fee, and a dental work fee. The dental work fee is based on the work done, not on the number of appointments, and is cheaper than that charged by a private dentist. Emergency care is given for a \$5 fee. The spokesman for the clinic said that essentially the treatment of the patients is incidental to the main reason for having the clinic, which is to provide a good training situation for the dental students. Fees are payable in cash only.

Haight Ashbury Dental Clinic
558 Clayton, SF
431-1714

Sees only emergency cases (e.g. you must be in pain)...no extractions...open from 6-10 Tuesdays and Wednesdays...patients should come down about 6 on those days to sign up for an appointment for that evening or another evening...all services are free and open to anyone.

Lifeline Mission Dental Clinic
917 Folsom (at Fifth), SF
392-2220

X-rays and extractions only...open to anyone...no charge...open Mondays 7-8 pm.

Mt. Zion Dental Clinic

1600 Divisadero, SF (at Sutter)
567-6600 (ask for Dental Clinic)

An excellent clinic staffed by dentists who have just graduated from dental school. Eligibility is limited to residents of the immediate area around Mt. Zion hospital and Jews living anywhere in San Francisco. Fees are on a sliding scale, and if you are otherwise eligible, low or no income won't disqualify you. Emergency cases are taken when the person is in pain.

SF Department of Public Health Dental Clinic
101 Grove, SF
558-3478

Preventive dental care for any child age 3-13 who is enrolled in a SF school (doesn't have to be a public school)...appointments are necessary...clinic is usually booked up about a month in advance...there are 5 dental centers so call to find out the one nearest you.

design

Environmental Structure Center

P.O. Box 5156, Berkeley, 845-4888
Research and design oriented architects, planners and builders--design processes by which cities, neighborhoods, and individual houses may be designed by the people. They have created an "environmental pattern language" which people can use to create their own environments--from cities to houses.

Inscape Design Consultants
3025 1/2 Adeline, Berkeley
841-7710

Total multi-media synaesthetic environments-- *contemporary interiors *metamorphic color walls *custom designed 5/10 channel visual display light/sound/color translators and organs * laser projections *lumia tables *kinetic assemblages *ultraviolet strobe displays *kaleidoscopic polarized light projections *orthophonic systems *anthropomorphic furniture *product design *om dome interiors *satis superque. Residential or commercial. Priced according to the project. Willing to barter.

DISTRIBUTORS

Rainbow Bridge

P. O. Box 40208, SF 94140

648-5989

Distributors of spiritual books. Send for free catalogue. Among their books: "Toward Spiritual Brotherhood" by Samuel L. Lewis.

The Down Depot

431 Belvedere St., S.F.

931-1600

"We provide a greatly needed service. It is the finest, most careful drycleaning of down we can devise. We operate from our home, and talk mountaineering, outdoor life, philosophy, and counter-culture with our remarkable customers. They become our friends." A family cooperative, arriving at its prices via costs of cleaning and handling. S.F. pickup and delivery.



Paul Widess

Third Floor, Project One,
1380 Howard, SF

Plans and builds permanent constructions from bathtubs to houses, of a great variety of shapes and systems "from fluid to crystalline" depending on use, people, situation. He is interested and experienced in ferro concrete architecture; has also built in adobe, brick, steel, and wood. He would like to work with those requesting the building or with others who like to build.

Underground Construction Co.

2228 McKinley, Berkeley
549-3964

Architecture students do design and carpentry. "Informal and carefree."

People's Architecture Collective

2326 Sacramento, Berkeley 94702
549-3706

Community resource for environmental research, design, and building...work done free or for movement wages.

S. Peter Van Dyk

1145 Hyde, SF 673-2105

Building and/or designing of simple functional environments for people.

Draft HELP

Alan Caplan

Counseling, Room 408, Admin. Bldg.
California State College, Hayward
884-3761

"The only major draft counseling center in the South-East Bay region."

Marin Draft Help

406 San Anselmo Ave., San Anselmo
454-8026

Draft counseling on Mon., Tues., and Thurs. evenings at 7 PM. Military and legal counseling on Saturday mornings.

East Bay Draft Information and Counseling Center

2320 Dana St., Berkeley 94704

841-7400

This office handles all types of draft problems. They try to help C.O.'s find meaningful alternate service. No charge for services.

Draft and Military Switchboard

2812 - 73rd Ave., Oakland

569-5133

This switchboard, open from 9 am to 6 pm, Monday through Friday, is the draft and military switchboard for the San Francisco Bay Area. A central information center, they are able to refer persons to the draft or military counselor closest and most suitable to their needs.

Draft Help

404 San Anselmo, San Anselmo 94960

454-8026

Provides information concerning draft laws and military counseling. The office is space donated by a law firm. On Sat. mornings two lawyers are available to counsel regarding legal draft problems. Two-four counselors are available on Monday and Thursday as well as Saturday morning. For questions concerning where you stand with the military, call and make an appointment.

Resistance Draft Counseling

424 Lytton Ave., Palo Alto 94301

327-3108

Draft counseling M-Th, 1-5. Military counseling Thursday evenings, 5-8.

Berkeley Friends Draft Counseling

2151 Vine Street, Berkeley 94709

843-9725

"We do our best in our little way to shaft the Draft."

CCCO-Western Region

140 Leavenworth, SF

441-3700

A resource center for draft and military counseling. Memos, books, training for counselors, consultation, services to attorneys.

MORE DRAFT HELP

New Vocations Center
SF State College, 1600 Holloway, Hut B
333-5127

American Friends Service Committee
2160 Lake St., SF
752-7766

Both these places will help Conscientious Objectors try to find alternate places to work.

San Francisco Draft Help
140 Leavenworth, SF
441-6824

Open Mon., Wed., and Fri. from 11-3.

Four-O-Nine House
409 Clayton, SF
621-9553

Open 3-7, M-F for draft counseling and Black draft help.

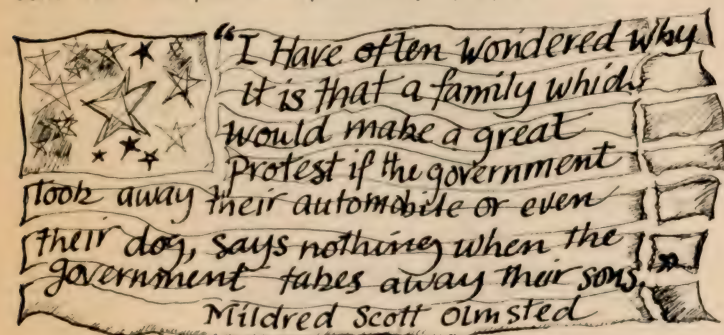
Black Draft Counseling Association
689 McAllister, SF
563-3393

Open 4-7, Monday through Friday.

SF State College Draft and Military Counseling
1600 Holloway, Hut C, SFSC, SF
586-2444
Open 9-6, M-F.

Medical Referral Service
140 Leavenworth, SF
441-8968

They will refer you to a physician who can give you the documentation needed to support your medical claim to the military. No referrals done over the phone. Open 11-3, M, W, F.



United Projects Building Drug Detoxification and Rehabilitation Program
330 Grove St., SF
864-9115

Referrals for detoxification and an on-going rehabilitation program.

Mt. Zion Medical Center Clinic
1600 Divisadero St., SF
567-6600, Ext. 631
Drug and alcoholic emergency services including psychiatric counseling and medical detoxification.

Drug in san francisco

Centro de Cambio
3007 24th Street, SF
285-8868

This is a community-based drug abuse program serving the Mission District. Centro de Cambio sees as its goals to provide immediate services for treatment of drug abusers at no cost and to work for institutional change whenever possible. They offer counseling (individual, group, family, crisis intervention, legal aid, medical referrals), educational programs in the schools and with the community, and an emergency drug overdose program operating out of St. Luke's Hospital at 27th St. and San Jose Ave. All services are free. Their crisis line is open 24 hours a day.

Delancey Street
3001 Pacific, S.F.
563-5326

A commune or extended family group for people with drug abuse problems who want to kick. You must live there at least a year, work or learn a trade, and agree not to use violence or chemicals. A mutually supportive community attempting to build a large economic cooperative. No fee, but if you have money when you enter, and no outside obligations, you are expected to throw it in the communal coffer. You can stay as long as you want or leave after a year -- whichever, you're always part of the "family", and have its support. Call or drop in if interested.

Walden House
101 Buena Vista East., SF
431-7564 and 864-6883

A therapeutic community for anyone over 15 with a social problem, especially those related to drugs. A self-help program in which individuals are given responsibility as they prove themselves capable of handling it. Group therapy, outings, and work in the house comprise the program. All staff members have gone through this or similar programs. A doctor volunteers his services. The average number of residents is 20, and most people stay for 6 months to a year. To become a Walden House resident, you are screened by someone presently living there, and when recommended, you'll be interviewed by a committee of five residents and one staff member. Honesty and strong motivation are the qualities most sought after. The fees are flexible, and usually an individual pays what he can, but it starts at \$450 per month.

Abuse Treatment

Reality House West

1763 Fillmore (administration), SF
922-1708/922-3155

A drug treatment agency designed for people with heroin and barbituate problems. Treatment facilities include a 24 hour detoxification center, a halfway house, and a group home for 16-18 year olds. They also have an extensive community education program which provides drug abuse information, speakers, tours of the agency, and a training program for those who wish to become lay therapists (cost: \$200 for an 8 week session with meetings 3 times a week). General information about community education may be gotten by calling the above number. Contact the other programs as follows:

Detoxification

1873 Ellis St., SF
922-1707

Open 24 hours for people over 18 with heroin or barbituate problems. Anyone wanting to kick the habit is welcome, and there is no fee. Average stay is one week. Those entering are asked to take care of their outside business beforehand so that they can concentrate on the task at hand. Medical and emotional help from sympathetic people.

Halfway House

1750 O'Farrell, SF
922-9910

For those who have gone through detoxification at Reality House or elsewhere and want further help. Average stay is 2 months. Residents receive group and individual therapy, educational and vocational counseling, and training to be a therapist. Families with children, and couples are accepted. Rent starts at \$30 a month and is flexible.

Youth Group Home

102 Baker St., SF
626-2582

A residence for people 16-18 referred by the Youth Guidance Center, providing psychiatric care and counseling. Counselors are themselves ex-addicts or ex-convicts. Fee is \$650 per month.



S.F. Coordinating Council on Drug Abuse
1625 Van Ness, S.F. 94109
441-5171

An organization comprised of 60 S.F. agencies involved in every aspect of work with drug abuse treatment, prevention, education, etc. The Council coordinates the works of these programs, fostering cooperation and assisting whenever possible. They are also involved in establishing a comprehensive community drug abuse plan which would coordinate all single efforts.

San Francisco Drug Treatment Program

1754 Fell St., SF
922-3700 (24 hrs./day)

This was formerly known as the Haight-Ashbury Drug Treatment Program. It is designed to help anyone with a heroin or speed problem who wishes to detoxify. People with other kinds of drug problems will be talked to and referred to the appropriate agency for help. The S.F. Drug Treatment Program is open from 10 am to 6 pm, M-F, and medication for symptomatic withdrawal is administered from 10 am to 4 pm. Clients are referred elsewhere for psychotherapy, but there is some counseling on the premises. This is not a methadone maintenance program. Anyone is eligible and there is no fee.

Haight-Ashbury Free Medical Clinic: Drug Detoxification Program

529 Clayton, SF
621-2014

At present, this is an out-patient program, providing counseling and non-narcotic medication to those who wish to detoxify. (You get pills to help you kick, but no methadone.) Anyone who is strung out on drugs is welcome, and if they can't help you, you'll be referred somewhere where you can get help. Open from 10-5, M-F. Anyone is eligible, and donations are requested but no one will be turned away. A residential program is in operation and they take referrals from the out-patient population. Rehab facilities are also available at 409 1/2 Clayton (861-1657) on a walk-in basis and psychological services may be obtained at 409 Clayton (621-8259) by appointment. All services are without charge to the client.

Narcotics Anonymous

893-2686

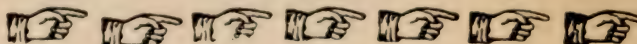
A 24-hour switchboard which will refer you to a number you can call where someone will give you support and help in dealing with your drug problem. You can also get information about group meetings for addicts in your area. If no one is home at the number you're given, ask for some more numbers to call. They assure us that ultimately you'll get through to someone.

and the bay area

Crisis Center

2031 Dwight Way, Berkeley
845-0130, ext. 571

Drug counseling. Open 24 hours a day. You must be a resident of Berkeley or Albany if you want to come in for long range counseling but anyone can go there once on an emergency basis. Fee is on a sliding scale.



DRUG ABUSE *continued*

Bridge Over Troubled Waters

2449 Dwight Way, Berkeley, Apt. 33
548-7270

A drug abuse treatment and rehabilitation center offering: A drop-in center open 9 - 6, Mon.-Fri.; A residential, 24-hour live-in facility; A speaker's bureau; Open rap/encounter groups on Thurs. nights at 7:00; Rap groups for parents on Thursdays. No charge, donations accepted.

Narcotics Education League

3315 East 14th St., Oakland 94601
536-4760

"Bilingual drug information and pamphlets...group and one-to-one counseling...referrals for addicts to detoxification facilities, live-in therapeutic communities, and Methadone Maintenance programs...panel discussions on drug abuse available for interested groups. We are a non-profit organization and need donations of money, furniture, clothing and transportation for an intended residence facility." Their services are free, donations accepted.

Drug Communications Inc.

P.O. Box 8307, San Jose 95125
275-9560

Aimed at working with the existing drug problem and decreasing the number of incidents of drug use and abuse through education, the Drug Communications program has several services.

Drop-In Center 914 S. 1st St., San Jose
Always open...group and individual counseling...crisis intervention...referrals...rap sessions...recreation program.

Switchboard 295-2938

A 24 hour telephone communications service, offering information on entertainment, transportation, housing, jobs, referrals.

Crisis Intervention 275-9787

Works with people who are stoned and having a hard time of it. Information on the effects of drugs and their use.

Community Store and Boutique 42 E. San Antonio
Sells items made through the recreation program at the Drop-In Center. Money from the sales helps to run the Drug Communications program.
Information Bank

A centrally located library of information on and about drugs. The information is available for use by any interested person or group.

Soul Site

3231 Sacramento, Berkeley
655-4266

Drop-in drug information center...detoxification facility...counseling services...referrals...will see anyone and there is no fee...open from 9-7:30, Monday through Saturday.

G.R.O.U.P.

741 E. 14th St., Oakland
832-1787

A community service offering counseling, psychiatric referral, food and clothing for the needy, and a community live-in drug abuse treatment program. If interested in the latter, call and come in for a screening. No charge, donations accepted. Open M-F, 8-6. You don't have to have a drug problem to use their services, but many of the people they work with do have such a problem.

In Touch

1435 Harrison, Oakland 94612
839-1010

Drug crisis intervention center...counseling (one-to-one, group, telephone, non-drug and drug related)...crisis intervention for overdoses, etc...referrals for crashpads, free food, legal aid, etc...drug education...open to anyone free of charge...hours are noon to midnight, Mon.-Thurs., noon to 2 am on Fridays, 6 pm to 2 am on Saturday, and 6 pm to midnight on Sunday.

Project Eden

P.O. Box 3472, Hayward
538-3818

A community-based drug abuse treatment, rehabilitation, and prevention center, serving Hayward, San Lorenzo, and Castro Valley and environs. Services include a 24 hr. switchboard, a referral service, crisis intervention, telephone counseling, a community speakers bureau, direct counseling (one-to-one and group) for people with drug problems and their families, as well as a live-in therapeutic community for hard-core addicts. No charge for anything except the live-in program, and this can be waived. They also have access to medical care, and observe a "no bust" policy when rendering it. Call for an appointment or drop in. The best hours for this are 10 a.m. to 6 p.m. any day of the week.

Center Point

812 D Street, San Rafael
454-2413

A residential treatment program for drug addiction with a one year residency requirement. Both men and women accepted, and there's no fee. For people not in residence they run various other groups. Not an "attack" type therapy, but more along the lines of a supportive "family" therapy. See also "Women."



Marin Open House
1327 Lincoln Ave., San Rafael
457-3755

A community resource dealing with the prevention and treatment of the problems that lead to drug abuse. One-to-one and group counseling, housing and job referral, drug education, crisis intervention around the clock, a non-narcotic heroin detoxification program, and a methadone maintenance program. Stop in or call for more information.

Berkeley Community Methadone Program

2001 Dwight Way, Berkeley 94704
845-0130, Ext. 314
Our patient methadone maintenance; group and individual job counseling; vocational rehabilitation training. \$15-\$21 per week depending on the income of each client.

Agencies in San Francisco County offering Methadone Maintenance. Call for details:

City and County of San Francisco Dept. of Public Health Methadone Maintenance Program

259 Hyde, S.F., 2nd Floor
558-2761

and its two branches, which are...

Northeast Mental Health Center

1195 Bush, S.F.

441-1385

S.F. General Hospital (caters to Mission District)

Ward 93, Bldg. 90, 22nd and Potrero, S.F.

648-8200, ext. 717-720

plus...

Fort Help

199 10th St., S.F.

864-4357

Westside Consortium

1301 Pierce, S.F.

922-6722

Center for Special Problems (for addicts who are pregnant)

2107 Van Ness, S.F.

558-4801

Veterans Administration Drug Treatment Program (for veterans only)

259 Hyde, S.F. 1st Floor

928-7425

Agencies in Alameda County offering Methadone Maintenance. Call for details:

West Oakland Health Center

428 13th St., Oakland

835-9610

Herrick Berkeley Community Mental Health Center

2001 Dwight Way, Berkeley

845-0130

Eden Drug Abuse Clinic

15001 Foothill Blvd., San Leandro

351-8000, ext. 401

DRUG ANALYSIS

PharmChem Laboratories

1848 Bay Road, Palo Alto 94303

322-9942

"We feel that the public should have access to unbiased information about the true content of street drugs and a means of having these drugs analyzed on an anonymous basis." Charge is \$10 to analyze and positively identify substances. They also put out a monthly newsletter which includes detailed reports on specific drugs, trends in illicit drug trafficking, and a report on street drug samples that the laboratory analyzes.



Dial-A-Test

776-1291, SF

Sponsored by the San Francisco Hearing Society, the recording you get when you dial this number will test your hearing. Listen for the bleeps and if you don't hear them, the recording will tell you what to do (if you can hear it).

ECOLOGY

Berkeley Ecology Center

2179 Allston Way, Berkeley

548-2220

Information switchboard and information files on legislation, biological pest control, organic gardening, and many other environmental topics. They also have a large bookstore of ecology information and they have organic gardening supplies. Open 10-6, M-F and 11-6 on Saturdays.

Eco-Info, Inc.

1295 S. Main St., Walnut Creek 94596

937-0209

Ecology information center and switchboard serving Contra Costa County. Answers questions on recycling and has a large library on all ecological problems.

Sierra Club Message on Legislation

39 SF BAY, SF

A recorded message on the current status of legislation dealing with ecology and environmental problems.



ECOLOGY

San Francisco Ecology Center
13 Columbus, SF
391-6307

Serves as a community center to sponsor educational programs in environmental awareness. Programs include noon-time lectures and evening discussion groups, a research library and bookstore. They have space available for workshops and need volunteers. Several other environmental groups use the Center including: Living Creatures' Association, a press agent for non-human life forms; the North American Association for the Preservation of Predatory Animals; and Wailaki Wildlife Project, American Indians trying to preserve their culture by preserving natural land forms and wildlife to which it is attached.

California Native Plant Society
2490 Channing Way, Room 317, Berk. 94704
642-2465

An educational program to make people more aware of the importance and beauty of native flora. Their field trips and newsletters publicize rare species. Membership dues: \$4.50 for students, \$6 for individuals, tax-deductible.

Nature Conservancy
215 Market St., Room 1118, SF 94105
989-3056

Preservation of natural lands in the U.S. through purchase. Call for information on how to help. Pamphlets, speakers available.

Oceanic Society
680 Beach St., SF 94109
771-6744

An organization which promotes education and research in ways to preserve the "life form of the ocean river." They serve as a clearinghouse for information about the sea. Classes are offered in "Oceanic Wilderness," and "Celestial Navigation." Membership dues are \$5 for students; \$12. for individuals. Members may go out to sea for one-three days on their sailing vessel for about \$10 a day.

Audobon Nature Training
1749 Grove St., Berkeley 94709
549-1038

"Offers a uniquely practical approach to urban ecology...We explore a schoolyard, backyard, city, part or vacant lot to find out how nature works. Our teaching approach aims at stimulating awareness, inquiry, and the urge to put two and two together--thinking ecologically." The fee for a course is usually \$5. Call for dates, locations and enrollment information.

Berkeley Ecology Action
3029 Benvenue, Berkeley
843-1820

A re-cycling cooperative that's been doing it in Berkeley, and is eager to teach and help others with literature, advice, and training for volunteer helpers.

Marin Conservation League
1330 Lincoln Ave., San Rafael 94901
456-1912

Works to conserve land, forests, wildlife and shoreline in Marin County.

Sierra Club, SF Bay Chapter
1082 Mills Tower, SF 94104
982-9475

Works to lobby for conservation legislation and to educate the public about ecology issues. Publishes The Yodeler which contains articles about the survival of the Bay Area and a schedule of events in the area (hiking, nature walks, camping, cycling, rock-climbing, river touring). Out-of-door lovers may be interested in the Sierra Singles. A film library on wilderness conservation is available. The Sierra Club does not wish to deny its films to any group that may be unable to afford a rental fee, but has a suggested charge of \$5. The Club also has a list of relevant literature which may be sent for.

Friends of the Earth
529 Commercial, SF 94111
391-4271

Takes on campaigns all over the world--saving Alaska from the oil pipeline, the Everglades from development, California from the State Water Plan, endangered animals from extinction. Lobbies, files law suits, publishes.

International Ecology University
300 Eshleemann Hall

University of California, Berkeley 94720
Interdisciplinary curricula built around conservation, ecology, eco-politics, etc. "Our whole education system--kindergarten to Ph.D.--has been ineffective in dealing with the environmental problems. What is needed is a different way of thinking: for example, thinking in terms of cyclicity and feedback loops instead of linear and steady progress." The university publishes Ecosphere, an environmental magazine. (40¢ per copy, subscription of 10 issues--\$4 for students, \$5 regular).

Ecology Action

2225 El Camino Real, Palo Alto
328-6752

Ecology Action is an umbrella organization which includes Common Ground (an organic gardening store), bicycle workshops, an educational center, an organic garden open to the community, etc. The educational center sponsors talks, meetings, films, etc. and has a space which outside groups can rent for community happenings. The bicycle class is only one of the classes Ecology Action would like to see happen. It is in a 5 week series or a 10 week series. They would also like to have classes in canning and other things and are open to anyone who wants to teach a class.

People's Lobby

2300 Van Ness, SF 94109 771-7370
A citizen initiative to pass environmental legislation.

Save-the-Redwoods League

114 Sansome, Room 605, SF 94104
362-2352

One of the oldest and most effective conservation groups, the League steers clear of bureaucratic hassles by simply buying land on which the choicest virgin redwood groves grow and turns it over to the park systems.

Committee for Green Foothills

885 Oak Grove, Menlo Park 94025
322-6671

Works to preserve foothills from indiscriminate land development.

Guiseppe Slater or Paul Kangas

664-2454

Two people who travel in the North West and help people set up ecology groups with a radical focus. Co-authors of The Earth Belongs to the People, a book about the myth of overpopulation, pollution, and hunger. There is a film and tapes based on the book available from People's Press. Guiseppe and Paul are available as speakers.

SPUR (San Francisco Planning & Urban Renewal)

126 Post St., SF 94108
781-8726

Promotes citizen participation in future planning, both municipal and regional. Members attend luncheon meetings to hear community leaders explain latest developments in transportation, housing, waterfront use, recreation, waste disposal, pollution control and urban design. It is a citizens' organization funded through donations and grants to do special studies.

California Tomorrow

681 Market St., SF 94105
391-7544

State-wide comprehensive planning for a better California Environment. Publishes a quarterly magazine called Cry California.

"Accuse not Nature, She hath done her part; Do thou thine!"

Paradise Lost,

Milton



Northern California Committee for Environmental Information

P. O. Box 761, Berkeley 94701
642-6707 (Mon. & Wed.) or 525-9795

A group of scientists and others who research information on the environment-- air, water, noise, pesticides, solid waste management, energy and land use. They have information about problems and social action alternatives.

Peninsula Conservation Center

885 Oak Grove, Menlo Park 94025
322-6671

A number of environmental groups operate out of this center. They work together to coordinate activities and share resources in order to have greater impact.

Zero Population Growth

4080 Fabian Way, Palo Alto, California 94303
321-2100

A nationwide organization formed for the purpose of stopping the population explosion. "ZPG's goals include: adoption of a national policy of stabilizing the U.S. population, increased government support of birth control research and education, increased government support for environmental and population education, elimination of laws which restrict dissemination of information about birth control and voluntary sterilization, and complete legalization of abortion." A 1-year membership is \$10; \$4 for students.

Environmental Communication

62 Winward Ave., Venice Calif. 90291
(213) 392-5071

Architectural art, cultural, social, and environmental slide sets (priced from \$15-\$95), 35 mm films and video tapes. "We are a matrix for the use and distribution of media to express relationships in man's environment. We explore and document physical and cultural surroundings."

Ecology Center Foundation

281 Arlington, Kensington
527-4713

The Foundation's main purpose is to obtain funds for the operation of ecology centers and for the implementation of center programs.

Alternative Pre-Schools and Nursery Schools in SF
Haight Ashbury Children's Center

1101 Masonic, SF	431-3386
Lad-N-Lassie	
593 Fourth Ave., SF	221-0343
Laurel Hill Nursery School	
401 Euclid Ave., SF	751-8784
Miraloma School	
101 Goldmine Drive, SF	826-6224
Mission Cooperative Nursery School	
1292 Potrero, SF	824-9445
Playmates Co-op	
2540 Taraval, SF	681-2025
Sunset Nursery School	
4245 Lawton St., SF	681-7659
Telegraph Hill Family School	
660 Lombard, SF	421-6444
emphasis on children for which English is a second language.	
Visitation Valley School	
50 Raymond St., SF	467-6767
9-12 noon daily, M-F. Some parent partic- ipation required.	
Watoto Weusi Nursery School	
2400 Post, SF	563-8577

Gateway Montessori School

1733 Vincente St., SF
664-2068

A non-profit school using the Montessori method
...up to 200 children ages 2½ to 12...send for
their brochure.

Primary Life School

239 Sadowa, SF
664-3704 or 587-0705

An elementary school for ages 5-8...owned and
operated by parents...designed as an alterna-
tive for parents who want to take an active
part in their children's education...parents
work one day each week in the school..tuition
is \$30 per month.

San Francisco Living and Learning Center

3149 Steiner St., SF 94123
567-9147

A licensed pre-school for children ages 2 years,
3 months to seven years. There are 2 sessions
daily, 5 days a week with 10 children and 2
teachers plus several volunteers each session.
Cost is \$15 per month with some scholarships.
This is an unstructured play environment em-
phasizing communication. The goal is a health-
ier self-concept for each child.

San Francisco School

300 Gaven Street, SF
239-5065

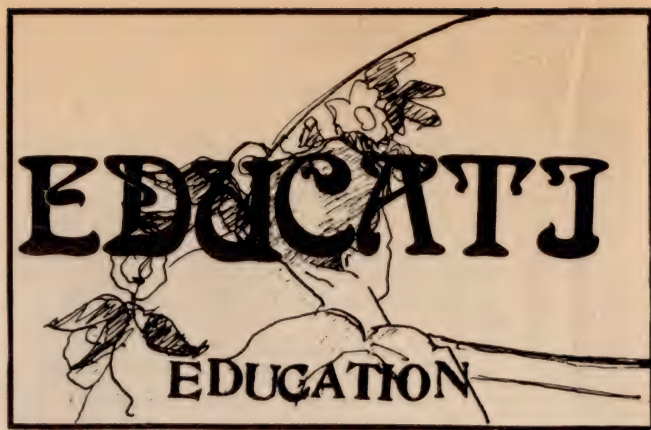
Montessori elementary school for ages 2 1/2 to
12...parents take an active role in school ad-
ministration...send for their brochure.

Miniscale

2012 Pine St., SF

567-9877 or 681-9062 (Alice)

An alternative school for 20 kids aged 7-12.
Parent involvement requested. Tuition is
\$40 per month currently, but may change.



Presidio Hill School

3839 Washington, SF
751-9318

Elementary and junior high, ages 4 1/2 - 15.
Ungraded (mixed age groups)...much of the teach-
ing is done in activity centers...developing the
child's self-confidence is considered more im-
portant than academic goals...tuition \$1150 a
year with tuition aid available...after-school
program for working parents.

Chrysalis

260 Marshall Drive, Walnut Creek 94598
934-0643 (evenings, 6-7)

The school is held in San Francisco...ages 7-11...
classes are held where there is something the
students want to learn...very little formal
structure...they stress personal responsibility
for kids who have problems and want to solve
them...tuition is \$10 per week...send for their
brochure.

Apprenticeship Service Program

Box 908, Montara, Calif. 94037
(415) 728-3578

Designed to give people from 14-18 an alterna-
tive to learning in the conventional schools,
this program helps people who want to be ap-
prentices and people who are willing to take
on an apprentice get together. The teacher and
learner then get together to work out the de-
tails of the arrangement. This program gives
academic credit towards a diploma.

School on Wheels

863-5581, SF

A school for ages 9-14 which stresses learning
through experiencing. It's a small school (9
students at present) that travels around the
Bay Area finding problems to study, doing re-
search, and talking to experts in various fields.
Part of the day is spent in academic studies.
Cost is \$800 a semester or \$1600 a year. At
present, 2 scholarships are offered but they
hope to have more in the future.

Noe Valley Community School

285-2743 or Eileen at 648-5796

An alternative school for 25 kids from 6-10
years old. There are 4 regular teachers plus
parent volunteers. Parents are involved in
fund-raising, teaching, clean-up, etc. Fee is
\$20 tuition a month.



Find out what kind of world you want to live in, what you are good at, and what to work at to build that world. What do you need to know? Demand that your teachers teach you that.

Prince Kropotkin
"A Letter to the Young"

Rivendell

956 Cole St., SF 661-2046

Rivendell is an experiment in integrative education (developing the emotions, mind, body, and spirit) within a structured curriculum. A staff of core teachers, guest teachers, and teacher-aids give teacher training and family workshops. The school is for children 5-14 and tuition is on a sliding scale. There also is a summer program with classes, workshops, and excursions.

The Learning Place

St. Barnabus Episcopal Church, 459 Vienna, SF 334-5181

An alternative to standardized education...a school environment encouraging the acquisition of those skills needed to cope with and understand living...a junior high for ages 11-14.

Opportunity II High School

739 Bryant St., Berkeley 94107 398-3242

A public high school offering alternative education. "A place where kids can come and participate actively in their own learning--on all levels--from hiring teachers to determining how money ought to be spent... Because everybody is a learner; traditional role disparities are non-operative." There is no charge because this is a part of the public school system.

Berkwood School

1809 Bancroft, Berkeley 94703 843-5724

A one-room schoolhouse for children ages 5-12. "We really do provide an individual-based education--it's almost impossible not to in a 25 student school. Individuals have the time to pursue their own interests without excess interference from either teachers or students." Tuition is \$85 a month or less (average tuition is around \$40 a month).

Our School

3182 Old Tunnel Road, Lafayette 94549 934-0304

Alternative high school. Maximum of 30 students. Basic academic subjects are taught as tools for survival. Extensive unit studies are decided by students. Special trips in Our School Bus include camping, skiing, getting back to nature. Tuition is \$500 a quarter with some scholarships.

Urban School

2938 Washington St., SF 922-5552

High school grades 9 - 12...students determine what they wish to learn: college prep, high school requirements, or anything else. Send for their brochure.

New Community School

949 55th Street, Oakland 94608 655-8443

A year-round program for grades 9-12. Students and staff run the school together. All regular high school courses are offered plus Black studies and women's studies. Tuition is on a sliding scale, according to income.

Pathways School

2012 Pine St., SF 94109 567-9877

Pathways is a community-oriented alternative high school for 13-17 year olds. with a sliding tuition scale from \$0-100 per month, based on ability to pay. A new program of volunteer apprenticeships in the community would provide a chance for students to take part in day-to-day activities of craftspeople, working collectives, social service agencies, etc.

Holden

10 Irwin Way, Orinda 94563 254-0199

An alternative high school which is oriented towards kids rather than curriculum. Tuition is \$1200 per year.

Symbas Experimental School

Project One, 1380 Howard, SF 94103 863-3787

A non-graded high school for ages 13-18 offering a regular high school diploma. Students take major responsibility for defining their learning programs with the assistance of staff. Students learn and work in many organizations and studios at Project ONE. "Please visit to learn about us."

New Directions Community School

Box 616, Berkeley, Ca. 94701 848-8543

An alternative, unstructured high school which also publishes the New Schools Manual (see publications) and would like to hear from people who want to put some energy into free schools.

Orpheus, An Educational Environment

1385 Seventh Ave., SF 94122 665-2423

Classes for adults as well as children. They are looking for teachers in arts, crafts, language, music, health foods, and many others. Instructors are paid \$2.50 for each student.

EDUCATION

CONTINUED

S.F. Adult Education

San Francisco Community College District
33 Gough (Administration) SF
864-3200

All kinds of classes. Free to everyone. The District is divided into City College and Adult Education Divisions. Adult Education classes are open to anyone over 18. There are two sessions, fall and winter, but some classes, such as life drawing, painting, pottery, etc. can be entered at any time just by showing up. The classes are held in the public schools throughout the city, daytimes and evenings. Special classes for the foreign born, senior citizens, and such classes as "understanding your car" for women, and public affairs discussions, as well as Lamaze childbirth education, foreign languages, typing, sewing, etc...etc...Call the above number for a class schedule...Elsewhere in the Bay Area, call your Department of Education to find out about Adult Education classes.

Family Mix

43 Mariposa, San Anselmo 94690
456-5300

Offers workshops and classes in arts and crafts, dance, drama, graphics, writing, music, film, women, carpentry, etc., etc. Classes are free but the Family Mix asks for a monthly membership of \$3.50 or a quarterly membership of \$10 to help meet expenses. Open to anyone.

Community Coalition on Education

74 Crestlake Drive, SF
731-5766

A city wide coalition of citizens working to promote educational alternatives, in and out of the system, and the right of families to choose among them.

G.E.D. and Employment Test Tutoring Service

H.R.D., Room 203, 1485 Market, SF 94103
621-5140, ask for tutoring

Free tutoring program for anyone over 16 years old. "We can help a dedicated person pass the high school equivalency test (GED) in less time than s/he would through the school system because our students receive more individualized and goal oriented service by volunteers who are here only because this is what they want to do. We provide an alternative to the situation of a job seeker going in cold to an employer and failing the first obstacle--the test. The job seeker need only let us know where s/he plans to apply and if we don't have the right test, we will try to find it." Also, practice tests for State and Federal Civil Service and basic reading, math, and English as a second language tutoring. Volunteer tutors are always needed.

Know How

1380 Howard St., SF (at One)
863-3787

We have and want to share information on: starting your own school; high school legal rights; alternative schools in the Bay Area. We will rap with individuals or groups interested in alternative learning, and invite correspondence.

East Bay Education Switchboard

805 Gilman St., Berkeley 94710
526-0550

"We have information on alternative schools in the East Bay. We have compiled a list of schools and have information on/for teachers, students, and resources."

24th Street Place

3008 - 24th St., SF, 94110
282-7080

A free community-based education center operating in the Mission district which provides remedial and bilingual education for children of all ages. Tutoring is provided for children who are not learning in the public schools. Special emphasis is on spanish speaking students.

St. John's Tutorial Center

861-1436, SF (10-5)

A one-to-one tutorial program for kids 7-14 from the North Mission area. They work a lot with newly arrived Spanish speaking children. They need more tutors.

New Schools Network

3039 Deakin St., Berkeley 94705
843-8004

A clearinghouse for teachers, parents, and students on alternative schools, public and private, especially in the East Bay. The New Schools Network encourages experimental approaches to education and a wide variety of learning environments to respond to the educational goals of diverse groups of students and parents... It calls for increased involvement of teachers, students and parents in policy decisions affecting their schools, with a sharp reduction of the administrative component of public schools, in order to transfer financial resources and to return control of the schools to teachers, students and parents.

New Schools Exchange

701 B Anacapa, Santa Barbara, Calif. 93101
(805) 962-2020

National resource for people involved in alternatives in education...newsletter issued twice a month, includes Continuing Directory of Innovative Schools...\$10 year.

Raspberry Exercises, by Salli Raspberry and Robert Greenway, \$3...information about alternative schools and how to start one of your own. Available through New Schools Exchange.

The Circuit Riders

100 Sycamore St. #15, San Anselmo 94960
454-2607

Two creative teachers who offer a unique educational resource service. Teachers may invite them to visit their classes for an hour a week or more to revive and stimulate students in subjects ranging from Indian crafts to physics. Send for their brochure.

The Center for Innovative Education

Stiles Hall, 2400 Bancroft Way
Berkeley 94704
841-8900

A place for educators to share their feelings and ideas about education, create alternatives, and learn new skills, techniques, and processes to help the teacher facilitate self-directed learning, open communication, and creativity in the classroom. Offers a large number of inexpensive workshops (\$15 for weekends, \$35 for 5 weeks and weekend) in psychodrama techniques, effective communication, organizational change, designing experience-centered learning events, as well as small group experiences for teachers.

Poetry in the Schools Program

The Poetry Center, SF State College
19th Ave. & Holloway, SF 94132
469-2227

A project to help teachers and students in elementary and secondary schools to organize poetry readings, discussions and workshops. Funded by the National Endowment for the Arts.

Learning Exchanges

It would be nice if someone would set up a learning exchange in the Bay Area. People who wanted to learn a skill would then be able to contact someone who was able and willing to teach that skill. Exchanges of this sort have been set up in other parts of the country and often involve the exchange of skills between two people rather than one person paying the other to be taught.

Goat Hill, Inc.

400 Missouri, SF
282-5250

Tutoring for children 4-12 who are below grade level. Child or parent should go into the office to get a parent's permission slip. Then a tutoring arrangement is set up either at the above center or at the Mission Education Center at 180 Fair Oaks. Occasionally the tutoring is done in the child's home. They need more tutors.

Palo Alto Community Services

329-2568

Many different kinds of classes are offered through the City of Palo Alto. A nominal fee is charged for residents of Palo Alto. New classes start four times a year. A schedule of class offerings is available at any of the public libraries.

Bay Area School

P.O. Box 6050, SF
841-6915

Courses in social theory, women's studies, media, and Bay Area political economy. The faculty is active in teaching, writing, and politics, and envision the school as a permanent democratic, socialist alternative to established universities. Faculty members who have been purged from established institutions share school revenues. Payment for classes is based on a sliding scale, according to ability to pay.

Breakaway

SF - 771-8212 (Women's Switchboard)

Berkeley - 548-5404, Sue/ 434 66th, Oakland 94609
An opportunity for women to learn from each other in workshops, classes, discussions. Registration is held 4 times a year. Workshops/discussions/classes that are/have been offered include carpentry, auto mechanics, astrology, sexuality, herbal medicine, psychology, nutrition, gay women, etc. Any woman can teach a class and any woman can take a class.

Big Rock Candy Mountain

1115 Merrill St., Menlo Park

The Portola Institute publishes this catalog of educational resources 6 times a year. The Big Rock Candy Mountain is a guide to tools and information for school and self-education. The catalog is available either through the Portola Institute for \$8 for 6 issues or through various bookstores.

New Ways

1385 7th Avenue, SF 94122
665-2423

A newsletter on alternative education, with emphasis on California. This is a project of Orpheus Free University and the publication is available to groups and individuals by subscription only. For information on rates, write to the above address.

A Guide to Alternative Education in the Bay Area

Orpheus Publications

1385 Seventh Street, SF 94122

A listing of all alternative schools in the Bay Area, other sources of information about learning places, and publications. Schools are described but not evaluated. 2nd edition now in circulation. Copies may be obtained by sending \$1.00 to the above address.

No More Teacher's Dirty Looks

Box 40143, SF

The Bay Area radical teachers group (BARTOC) puts out this magazine 4 times a year. It contains good articles on radicalizing and making more meaningful the educational system, both by alternative learning situations and within the public school system. A good magazine for teachers and anyone else concerned about the irrelevance of traditional forms of education. Subscriptions are \$3 for 4 issues (\$6 for corporations).

ELECTRONICS

Rutabaga

1380 Howard, SF 94103

621-4131

Electrical equipment repair as well as kitchen and bathroom remodeling and repair, office construction, carpentry, painting, green houses, garages, campers, cottages, hauling. Will trade services.

24th Street Component Shop

4001 24th St., SF

282-8000

We repair stereos, tapes, color TVs for a maximum labor charge of \$22.50 plus parts. We also fix PA, band equipment, video recorders, C.B., Short-wave gear and all types of electronics. We sell several brands of turntables, receivers, speakers, new. We also sell all kinds of used stereo gear and test equipment at low prices. Some TVs too. Open 11-7 daily.

Resistance Repair

2812 Telegraph, Berkeley

841-1459

Stereo repair at honest prices. Technical advice gladly given. People are encouraged to attempt to repair minor problems themselves, and are given as thorough an explanation of major repairs as they want.

EMERGENCIES

Emergency Medical Care 431-2800

Emergency care is available 24 hours a day to anyone in San Francisco at one of the following hospitals. It is supposed to be free, but they may try to charge you. You don't have to pay. If you are hassled, call Neighborhood Legal Assistance (626-3811).

Emergency hospitals and branches:

Mission District - 22nd and Potrero

South Part of City - Alemany at Onandago

Central part of city - 135 Polk (rear of Dept. of Public Health)

North Part of City - 88 Sacramento

Park Area - Stanyan near Waller

Glide Extended Family

330 Ellis, SF 771-4708 or 771-6300

304 Steiner, SF 621-4975

A volunteer survival effort which is trying to meet the basic needs of people. They have many kinds of resources and referrals available. Open 10-10.

Travelers Aid Society

Main office: 38 Mason St., SF 781-6738

Greyhound Bus Terminal: 7th & Market, SF 983-1503

S.F. International Airport: 583-4080

Set up to help mobile people, specifically those in the City less than a year. Services include social work counseling, crisis intervention, use of national TAS "chain of service" to locate resources for persons stranded here or elsewhere, employment leads, information and referral service. Services available 9 am to 10 pm, every day. There is a "hot line" phone at the Greyhound volunteer booth where you can call a social worker free of charge.

Travelers Aid Society after hours "switchboard"

A social worker will give information about Department of Social Services assistance programs and community resources (558-5711) and child protection services (558-5604). The latter includes screening of complaints regarding child abuse or neglect and counseling to those concerned about their tendencies towards child abuse.



Raymond Gottlieb

70 W. Cotati Ave., Cotati (707) 795-1321

5410 Telegraph Ave., Oakland 94609 (415) 653-6987

"I am an Optometrist. I examine eyes for non-medical problems, prescribe, and fit glasses. I also teach exercises which bring about an improvement in vision. I teach techniques which relieve eye strain and reduce the need for wearing glasses. Natural relaxed living leads to natural relaxed vision and normal eyesight. I charge about half price." He will work in either of the above two cities.

Society For the Prevention of Blindness

4200 California (office only) SF

387-0934

This group does screening for glaucoma; people over 40 or with a history of glaucoma in their family should have a check-up once a year. The screening is done at the Downtown Senior Citizens Center at 467 O'Farrell. It's done on Saturday mornings, and appointments are necessary. The Society also does pre-school eye screening with special attention to possible muscle imbalance which can most effectively be corrected before age 6. The pre-school screening is done at various locations. Call the office to find the one nearest you. Both types of screening are free. Treatment is not provided through the Society, but they do referrals to clinics or doctors in the fee range that the patient can afford.



**Farm
ing**

California Agrarian League, Inc.

Omega Ranch, Redwood Valley, Ca. 95470

(707) 485-8198

"We sell land to people at people's prices." Parcels as large as 5,000 acres and as small as 5 acres.

Mother Earth News

Box 38, Madison, Ohio 44057
(216) 428-4090

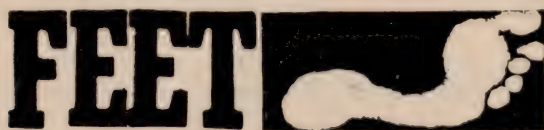
The "Contact" section is a service to help people get together (like people who are looking for land and people who have land and need more people). A 25¢ charge for any contact placed or answered. There is a 100 word limit. Addresses of individuals are not printed; letters are forwarded to the proper parties.

United Farmworkers Organizing Committee
948 Haight St., SF
864-5613

This office offers information about farm worker's conditions, pesticides, and about how people can help the farm workers. There are movies, speakers, and boycotts sponsored by the office. Farm workers weekends are held during which farmers come to the City to bring their concerns to the people by leafletting, picketing, etc. The office has some knowledge of available jobs but usually they refer people to other agencies. The office is open from 9-5, M-F.

Association of Organic Farmers in Calif.
San Francisco Ecology Center
13 Columbus Ave., SF 94111
391-6307

A newly formed association to increase communication and cooperation among California's organic farmers. Possible programs are: To work with Rodale Press on the organic certification program and possibly to establish an organic "seal" for retailers to use; to research the need and desire for purchasing and distribution cooperatives for use by organic farmers and the public; etc.



Free Foot Clinic

330 Ellis, SF
771-6300

Foot treatment...designed for senior citizens, but they will reluctantly see anyone else who comes to the clinic...drop-in on Tuesdays at 1:00. First come, first served.

Podiatric Medical Outpatient Center

1768 Eddy Street, SF 94115
922-2775

This Center, which is part of the California College of Podiatric Medicine, provides medical and surgical care to people who have diseases and disorders of the foot. Fees range from \$6-10 for the initial visit and from \$3-7 for follow-up visits. There is a possibility of free care for those unable to pay. The Center is open M-F and on Saturday mornings. Appointments are necessary.

Podiatry Clinic

501 Webster, Palo Alto
326-3416

Foot care for the elderly. Open one day a week and appointments are needed. Free of charge.

FILM

American Documentary Films

379 Bay St., SF
982-7475

A non-profit organization existing for the purpose of producing and distributing documentary films. They are dedicated to building an alternative to commercial mass media. Send for their 1972 film catalogue.



The Film School

P. O. Box 926, Half Moon Bay, Cal. 94019
726-5537

A school and a working motion picture studio...a professional and creative environment...instruction on all levels. Send for their catalog. Half Moon Bay is 25 miles down the coast from San Francisco.

Image Works

Project One, 1380 Howard, SF
861-5655

A people's motion picture lab which processes, prints, and edits 16 mm black and white and color film for students, organizations, and independent filmmakers. A good information center for anyone involved with filmmaking.

Phoneboothphilmz

45 Lincoln Way, S.F.
731-8535

Curtis Imrie and colleagues comprise a free-lance film crew charging $\frac{1}{4}$ to $\frac{1}{3}$ the fees of Union crews doing the same thing. If you have a screenplay you want developed or an issue you'd like represented visually, they can help. Interested primarily in socially-oriented subjects, they also do consulting. Flexible and willing to barter on occasion.

S. F. Newsreel

1232 Market St., Room 101
621-6196

"A non-profit organization of radical filmmakers, produces and distributes films about people's struggles ranging from student strikes to women's liberation, from the war in Indochina to ecology." They rent films at movement rates when necessary, and can help you find the film you want. Their main purpose is to make good political films available to as many people as possible. Send for their catalog.

Solidarity Films

2490 Channing Way, Room 207
Berkeley 94704
843-7888

Makes and distributes films about third world struggles, labor, women, G.I.'s and vets, the movement in the schools and communities. It works towards a peoples' cinema that is close to the masses who watch and create it, hoping together to learn from the films and then be moved to revolutionary action.



FREE FOOD

Free meals are available at the following places for those in need:

St. Anthony's Dining Room
55 Jones (near Golden Gate), SF 552-3838
M-Sat. lunch only from 11 am to 12:30 pm.

Fillmore Aid Station
337 Fillmore, SF 431-1917
3 am and 8 pm every day. Free clothing also available.

Harbor Lights Salvation Army Mission
240 4th Street, SF 781-4573
Free food at 6:45 every night. Housing too.

Lifeline Mission
917 Folsom (at Fifth), SF 392-2220
Every night at 6:30 except Mondays. Service starts at 6:30. Shower, shave, and clothes available every day from 9:30 to 11:30 am.

Anchor Rescue Mission
1253 McAllister, SF 567-6146
M-F the required pre-meal service starts at 7 pm. The meal is served after that. Sunday the service starts at 4 pm. Shower, shave, and change of clothes Mon., Tues., Wed., from 3-5.

Rafael House
712 Gough (near McAllister), SF 431-1917
Free food for women over 18 years old and children at 8 am and 7 pm. For emergencies only. Clothing and housing also available.

Centro Latino Breakfast Program
1292 Potrero, SF 94110 647-6237
Free breakfast M-F from 7:30-9 am for children.

Oakland Pantry
5316 Telegraph, Oakland 652-4502 (Lois Oaks)
658-4457 (the Community Center)
Provides free emergency food for the north Oakland area. Call first.

Berkeley Emergency Food Project
2425 College Ave., Berkeley 94704
843-6230

A free hot meal is offered once a day at 5 pm, Monday through Saturday. "We provide a survival service to people without trying to manipulate them as does the welfare department and other public and private agencies."

FOOD STAMPS

This is a program of the U.S. Department of Agriculture and is designed to promote the sale of agricultural products. Different counties vary in terms of how the program is administered but generally the procedure is for an applicant to make an appointment with an interviewer who writes down such things as salary, amount spent for rent, utility and car expenses, etc. The food stamp people then decide whether the individual qualifies. If the person qualifies, a voucher is sent in the mail which can then be redeemed (along with some money) for food stamps. You may buy any kind of domestic food (no imported food) with these stamps but you may not buy liquor, paper products, pet food, soaps, or other non-edibles with them. These are the Food Stamp offices:

<u>SF County</u>	1360 Mission	558-5662
Don't call as they never answer their phone. Go in but avoid going in around lunch time as they close up for an hour and anyone waiting in line to make an appointment has to wait until they get back.		
<u>Alameda Co.</u>	7000 Bancroft Ave., Oakland	
	273-7056	
<u>San Mateo Co.</u>	2555 Flores, San Mateo	
	341-3311	

Buying your Food Stamps

When you receive food stamps, what you get in the mail is a voucher which entitles you to buy them. You must then go to an agency which sells them. Many of the large banks do so and, as with any commercial transaction, make a profit off each sale. Community groups have begun to look into it, and discovered that they can do some very effective fund raising by operating food stamp outlets. We urge that you buy your food stamps at any of the following locations and avoid the bank offices to keep this income in the community:

Mission Rebels
2086 Mission St. and 75 Ocean Ave., SF
Both offices are open M-F, 10-3:30.

Welfare Rights Council
620 Sutter Street (YWCA), SF
5016 3rd Street, SF
Both offices open Mon.-Sat., 10:30-3:30.

People Pledged for Community Progress
705 Bissell Ave., Richmond
Open 9-4:30, M-F and 10-3 on Saturdays.

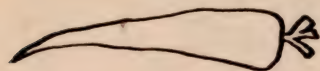
FOOD CONSPIRACIES

San Jose Food Conspiracies

Contact the Red Eye at 50 South 4th Street, #4, 295-9509 to find out about the nearest food conspiracy.

San Francisco Food Conspiracy Switchboard 431-8657

Open 5 p.m.-7 p.m. Mon-Fri, they steer people to food conspiracies in their respective areas.



NATURAL FOOD STORES



Natural food stores are in a unique position in our community. Health-conscious people shop in them because they provide an alternative to large, impersonal Safeway-type atmospheres, and because the untreated "natural" foods are nutritious. On the other hand, we have all heard the suspicions voiced that natural food store proprietors are "hip capitalists", cashing in on our urge to eat wholesome foods. We can't resolve this conflict. It does take a good deal of capital to open a natural food store. Still, those who have chosen to do so, take on problems unknown to other businesses. For example, the absence of preservatives in the foods on their shelves forces the stores to absorb the added costs of "natural" spoilage. Suppliers on the wholesale level tend to be scrupulous about the quality of the foods they deliver. If something has gone slightly wrong with a batch of a particular product, it doesn't reach the shelves. You can't get it, and the store can't sell it. Ordinary businessmen look for other suppliers, regardless of quality. Natural food store proprietors wait till next week's shipment and forego their profit. In addition, the people in the stores extend themselves, generally, to their customers, giving advice on foods and ingredients, and running a sort of "counter-intelligence" operation to help people who've become accustomed to the plastic, nutrition-poor foods available elsewhere. Bookshelves and bulletin boards bring little or no profit, but precious space is given to them. In talking to Annilee, a partner in Stanyan Street Natural Foods, we got a further insight into the way she looks at her work. "The store is like a living plant," she says. "I cannot pull out of it." The person who decides to sell natural foods is usually involved in health, nourishment, and growth beyond his/her personal sphere. It is a kind of reaching out. Without the capital it took to open the natural food stores, where could we turn when we're "fed up" with agribusiness?

Organic Merchants - OM
Box 456, Berkeley 94701
525-1596

An association of natural food stores which is interested in pure food as a step towards pure consciousness. Every member of OM must agree not to sell any adulterated, refined, or synthetically preserved foods. Member stores are issued a decal to display on their windows. OM also distributes information about the processing, growing, and eating of whole foods. It publishes a source list and a newsletter containing nutritional information and facts about specific products.

Infinity Foods
1512 Shattuck Ave., Berkeley
845-5775

Mostly macrobiotic foods. Grains, nuts, dried fruits, beans, dairy products. Freshly milled whole wheat flour daily. Open 10-6:30 Mon-Sat.

Oh's California Direct Import Co.
2651 Mission St., SF
824-5676

Wide variety of grains, flour, beans, nuts, and other organic foods. Good prices.

Integral Yoga Natural Foods
3214 Folsom (near Precita Park), SF
285-4121

Owned and operated communally by the Integral Yoga Institute "to make real food available and to serve as a true channel for useful service to mankind." Open 9-6, Mon-Sat.

Cornucopia
408 Pacific Ave., SF
398-1511

Natural food restaurant and general store with health and nutrition goods. Hours are from 8 am-3 pm Mon. to Fri. Dinner is served Tues. through Thurs. from 5-9 and on Fri. and Sat. from 5-11 p.m.

Ma Revolution's Natural Foods
2566 Telegraph (in the old garage), Berk.
548-6761

"A community non-profit natural food store run by Ma Revolution's Natural Foods Collective. A complete natural food store carrying bulk items such as nuts and seeds, dried fruit, flours, grains, beans and herbs. Fresh produce delivered three times a week. Advice given to food conspiracies, consumers, etc. on ordering in bulk. Will make wholesale sales on large purchases." Open Mon-Sat, 11-7 and Sun 12-6.

more natural food stores



ARKO Natural Foods

5515 Geary Blvd., SF.

751-0767

Large, complete natural food store, with organic meats. Open Tues., Wed., Thurs., & Sat. 10 - 6. Friday 10-6:30. Closed Sun. & Mon.

THOM'S

843 Clement St., SF

752-2372

"Better Living Without Chemicals"; they have a large book section, too. Open 10-7 Mon-Sat and 12-5 Sunday.

Naturally High

1058 Hyde St., SF

441-3250

Natural foods, books, notice boards. Open 10-7:30 weekdays; 10-7 Saturday & Sunday

New Age Natural Foods

1319 - 9th Ave., SF and 260 California St.

564-2144 Palo Alto 392-0551

Complete selection of natural foods, plus books, notice boards. Open 10-6:30 6 days a week and 11-6 on Sundays in San Francisco. Palo Alto store is open till 8 on Tues & Thurs.

Stanyan Street Natural Foods

1023 Stanyan St., SF

564-2800

Natural foods, books, bulletin board is in the laundry next door. Open 10-7, Seven days.

Agape Natural Food Co.

599 Castro St., SF

626-3788

Natural food store operated by the Church of the Tree of Life. They feature an organic delicatessen and sell flour ground daily. Open 10 - 9, seven days a week.

Wholly Foods

2999 Shattuck, Berkeley 94705

841-3393

Natural food store "providing quality foods as well as an artistic and sensitive environment." Open 10-9:30 daily.

Well Bread...naturally

3227 Balboa St., SF 94121

752-3505

Natural, whole grain breads and pastries. They use no sugar; honey is the only sweetener used and all ingredients are organic. Honey-wheat bread is 70¢ per one pound loaf. They also sell 100% rye and raisin nut.

Food in general

San Francisco Vegetarian Society

*for Health and Humanity
a Non-Profit Organization*



Monthly Lectures and Newsletters

1450 Broadway #7, San Francisco 94109

PR 5-6874

Glide Church Potluck

330 Ellis, SF

771-6300

Every Monday at 6:30 pm a potluck is held at Glide. Everyone is asked to bring something to contribute.

Bernie's Produce

407 Clement, S.F.

387-0107

Every type of fruit and vegetable, including those needed in various ethnic dishes. Also grains and dairy products. Some natural foods. Prices are 25-30% lower than the chain stores on many items. Open Mon-Sat, 9 - 6, Sun, 10:30 - 5:30.

Goat Hill Community Dinners

400 Missouri, SF

282-5250

Dinners are held once a month on a rotating basis in Chinatown, Potrero Hill, and the Mission. This is intended as a cultural exchange. Cost is 50¢ per family. Call to find out the date and place.

La Palma Market and Mex-icatessen

2884 24th Street, SF

648-5500

A market specializing in Mexican foods and delicacies. Prepared food on a take-out basis, hand-made and machine-made tortillas. Open 8-7:30, M-Sat and 8-5 on Sunday. Downtown "branch" is at 945 Market, 392-5115 and is open daily from 10-5.



San Francisco Farmers Market
100 Alemany, SF
826-9821

Open every day but Sunday and Monday from 9 am to 6 pm, this arcade is a display of fruits and vegetables brought in by the farmers who man (woman?) the booths. Go from booth to booth to compare prices as they're not all the same. Often bulk orders are really cheap. Connected to the Farmers Market area is a grocery store that sells dented cans and surplus stock at cheap prices.

International Society of Krishna Consciousness
455 Valencia St., SF
864-9233

Sunday vegetarian love feast at 4 pm. Yoga classes in the evenings. All things are free.

The Lhasa Karnak Herb Co.
2482 Telegraph Ave., Berkeley
548-0380

Retailers of herbs, spices, roots and barks, Medicinal and culinary.

We have chosen to say,
With the gift of our liberty,
If necessary our lives:

The violence stops here.
The death stops here.
The suppression of the truth stops here.
This war stops here.

- Father Daniel Berrigan

Free Stuff



United Projects Building
330 Grove, SF 94102
864-9115

Free store with household goods, clothing, and furniture...open M-F, 10-6.

414 Shrader (off Haight St.), Sf
Free clothes and various other things when available. Open from 10 am to 4 pm. Closed Sundays. Household items are needed for distribution to the poor and needy. Phone 386-4733 for pick-up of items or drop them off at the above address.

Look under "Clothes", "Food", and "Housing" for other free stuff.

FUNDING

United Fund for Social Change
330 Ellis St., SF
668-3610

The United Fund for Social Change was incorporated by the State of California in 1970 to "raise funds in the San Francisco Bay Area to finance and distribute to charitable programs and non-profit groups serving the needs of low income communities or persons". Further, "to raise funds to plan and execute programs on behalf of charitable and non-profit groups and organizations devoted to enlarging the base of citizen participation in the decision making process, with special efforts for including low-income people". The United Fund for Social Change, as a major fund-raising organization, was created to enable many individuals to help truly representative groups in the struggle for self-growth, self-determination and unity for all people. The following community agencies are members of the United Fund for Social Change and have been designated for funding. All are listed in this book in appropriate places. The need is great to help these places. Support the United Fund for Social Change:

Berkeley Ecology Center...Blackman's Free Medical Clinic...Connections...International Hotel...Institute for Environmental Education...Mission People's Health Clinic...Nairobi Cultural Center...San Francisco Local Development Corporation...Lawyers Guild...Self-Help for the Elderly...The Tooth Trip...Tenant's Action Group...West Oakland Legal Switchboard.

Hebrew Free Loan Association of San Francisco
703 Market St., SF 94103
982-3177

Provides interest-free loans to Jewish people who aren't able to get loans elsewhere. Also, special student free loan program.

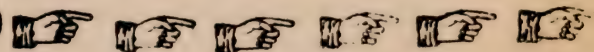
Ecology Center Foundation
281 Arlington, Kensington
527-4713

The Foundation's main purpose is to obtain funds for the operation of Ecology Centers. Funding is limited to ecology centers.

Agape Foundation
Box 6749, Stanford, California 94305
941-5988

The Agape Foundation raises and dispenses funds to be used for innovative nonviolent projects of a charitable, educational, or religious nature. "Agape seeks to support life-affirming alternatives to violent conflict as a means of positive social change. Agape adheres firmly to the philosophy of nonviolence or 'truth force', and is especially interested in work of a unique and experimental nature that would normally find few sources of support. Proposals must be submitted in written form, but don't hesitate to call us for help."

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more FUNDING

Pacific Change
2229 Lombard St., SF
567-5835

"Pacific Change is a private consulting collective which provides project evaluation and recommendation services to charitable foundations and other funding sources. We specialize in community organizing projects aimed at achieving substantive social change through non violence. We are particularly interested in aiding projects which challenge the fundamental sources of racial, economic and militaristic oppression. We do not make grants to projects which qualify for funding by traditional sources. Recent grants have focused on minority and poor communities organizing for social and institutional change, fair and impartial counseling services for young men facing the draft or in military services, projects aimed at developing non-violent solutions to violent international conflicts, community groups seeking access to and control of media, and projects attempting to assist groups in creating effective non-violent techniques for changing social conditions. Requests from west coast activities are preferred, and initial inquiry should be made by a short letter."



FURNITURE

Tom Stewart
General Delivery, Brookdale, 95007
Old wood craftsman and environmentalist.
"I work with old wood: furniture, interior work, etc. I also provide old wood materials and sources."

Hold Yer Water Frames
2741 10th St., Berkeley 94710
843-4288
Custom furniture and waterbed furniture. We also have free scrap wood and sawdust compost.

David Howard
6496 Taft Ave., Oakland
654-9637
Toy and furniture maker. Custom furniture and any kind of woodworking.

James E. Sweeney
1822 Bush St., SF
346-2990
Furniture design and execution. "Frankly, the time needed to execute our pieces well forces them to be considered luxuries."

GARDENING



Berkeley Ecology Center
2179 Allston Way, Berkeley
548-2220

They have responded to the need for organic gardening supplies by providing fertilizers and mulches which are generally less expensive than at nurseries and stores.

Organic Gardening and Farming Magazine
Rodale Press
33 East Minor St., Emmaus, Penn. 18049
An excellent magazine on organic gardening. Each issue is filled with invaluable information for anyone interested in gardening organically. Articles are interesting and readable--on such subjects as "Composting," "Tips for Beginners," and "A Community Organic Farm in the City." There are also many good articles on environmental issues.

Hydroponics Store
1500 Church St., SF 94131
648-0959

"Hydroponics is the cultivation of plants by placing the roots in liquid nutrient solutions rather than in soil...giving higher yields because nutrients are abundantly and continuously available for uninterrupted growth." This store stocks and sells hydroponic tanks, vermiculite, plant growth lamps, fluorescent fixtures, and books and literature on hydroponics and plant growth lighting. Usually open 8 am to 10 pm but call first.

Donna Goddard
1242 Broadway, SF 94109
474-8124

Wants to get together with others who are interested in bringing more plant life into the city. "We can work together to research organic techniques, buy organic fertilizers, seeds, etc., in bulk, get together to work on community gardens."

"Growing your own" is a great way to get back in touch with the earth as our source of being. The simplicity of being involved directly with the earth--planting and harvesting with the seasons--quickly dispels apathy and bitterness about "what to do" about social change and the environment. Just as composting can turn household garbage into rich fertile top soil, gardening can clear out a lot of mental garbage and emotional tension.

There is a growing exodus of young people to the country...hungering for that contact with the beauty of nature. But the city could be as beautiful as anything people want to get away to. Commuters get away to their homes in the suburbs;

city dwellers go to Golden Gate Park or Mount Tam. The park, as a place of beauty set apart from daily, hum-drum life, is symbolic of our schizophrenic way of life--separating work and play.

The environment is in trouble because people have lost direct contact with it and have little or no understanding about the way nature works. We have learned in sterile laboratories, so we are attempting to turn the whole world as rapidly as possible into a sterile laboratory so we can understand it. Few people can grasp how serious our waste disposal problem is and how messed up our agricultural system is. Almost no one can grasp the solution--it's too simple.

Common Ground

2225 El Camino Real, Palo Alto
328-6752

An organic gardening store selling seeds, tools, fertilizers, recycled paper stationary, etc. They have literature and classes in organic gardening and are happy to give free gardening advice. They would like to have canning classes and other things and are open to anyone who wants to teach something. This is sponsored by Ecology Action in Palo Alto and they feel that store prices are competitive with other stores. Open 7 days a week, 10-5 and they make deliveries on Wednesdays and Fridays.

Ecology Trading Center

788 Old County Road
Belmont, Calif. 94002
592-0305

Organic gardening fertilizers--"natural compost," phosphate rock, blood meal and bone meal, mulches, etc.

Women's Gardening Cooperative

661-1480/431-7196, SF

Garden maintenance on a regular or as-needed basis. Fees depend on the job and will be worked out according to garden supplies necessary as well as estimated labor time. "By providing meticulous, thorough gardening care at competitive prices, we hope to open up a field of employment which is closed to women in our society. If we are successful, we would like additional members and would like to hear from interested sisters."

Arumugam

285-4121 or 826-8119

Arumugam gets small classes together periodically to learn organic gardening. Various methods will be tried...you will do the work. The garden is the mother, and this is the way we get closer to her work.

Organic Farm and Garden Supplies

924 Olmstead St., SF 94134
239-5320

Supplies organic gardening fertilizers--"natural compost", phosphate rock, blood meal and bone meal, mulches, etc. "We've never sold anything synthetic for soil or plants." Discounts on fertilizers ordered in quantity amounts.

Terry Evans

1286 Noe St., SF 94114
647-9631

Organic gardening and landscaping, pruning, clean-up, lawn maintenance, indoor plant cultivation and arrangement, plant sitting for vacationers, advice on garden problems, terrariums to your order. "I would like to form a cooperative of gardeners."

United Seed Company

60 Broadway, SF 94111
981-5234

Carries all kinds of seeds and gardening supplies--vegetable seeds, bird seed, pumpkin and sunflower seeds.

... AND GARDENS

Japanese Tea Garden

Golden Gate Park (Music Concourse area)
A magical five-acre garden, with a variety of trees and bonsais, small pools, a "moon bridge" and a teahouse. Open 8 AM to dusk.

Conservatory

Golden Gate Park (North side of Kennedy Drive opposite Third Ave.)
558-3973

A victorian style "green house" which is the oldest surviving building in the park. Annual showing of plants and flowers are held in season. Tours may be scheduled.



Society For Individual Rights (S.I.R.)
83 6th Street, SF
781-1570

Assistance and/or referrals for male and female homosexuals...professional referrals to legal, medical, and psychological resources experienced with problems confronting homosexuals.

Gay Activists Alliance (GAA)
P.O. Box 1528, SF 94101
Phoneline 771-3366/Messageline 864-8205
Sponsors the GAA Town Hall Forum which is held the 1st and 3rd Mon. each month at 7:30 at 26 7th St., SF, 5th floor. Publishes the Gayvoice newsletter. GayVets caucus of GAA is for former military veterans. GAA provides various free counseling services: military, veterans, prison, and employment. They also provide legal services in civil rights cases involving gays.



Emmaus Gay Switchboard
P.O. Box 6361, SF 94101
626-2019

Emmaus Gay Switchboard functions for the gay community to assist with any type of need. They can offer help with jobs, food, overnight crashing, permanent housing, information on gay activities around the area, assistance with military, legal, or medical problems, or just plain rap. Emmaus also sponsors a free weekly gay rap session every Wednesday at 8 pm at 2041 Larkin St. (at Vallejo), SF; everyone is welcome and any area can be explored.

Council on Religion and the Homosexual
Glide Memorial Methodist Church
330 Ellis St., SF 94102
771-6300

Works to promote dialogue between members of the religious community and homosexuals, in order to bring about new and deeper understandings of sexuality, morality, and ethical behavior. They also work with professionals in the mental health and counseling fields, to broaden their approach to sexuality.

Mattachine Society
386 Ellis, SF
474-6995

Works in the field of human sexual behavior with emphasis on the concerns of homosexuals. Counseling for men and women, help with housing, legal problems, employment, and referrals to other agencies. No charge but donations requested. Speakers bureau with flexible fees.

San Francisco Free Church
P.O. Box 386, SF 94101
431-1541

"The SF Free Church Collective seeks to bring about the positive involvement of the churches into the movement of cultural revolutionary change by providing a structure which will offer clergy and other brothers and sisters information, support, and other forms of help to enable them to become involved with peace, prison reform, gay liberation, etc."

Gay Sunshine
P.O. Box 40397, SF 94140
824-3184

Gay Sunshine is a paper of gay liberation published monthly by members of the Gay Liberation Movement. The paper concentrates on in-depth analyses of political and sociological issues of import to gay people; also personal accounts, poetry, graphics. \$3.75/12 issues. Sample: 35¢. Free to prisoners. Back issues available.

GAY LIBERATION

Metropolitan Community Church
150 6th Street, SF
864-3576 or 864-3063

A community center which serves primarily the gay community. Residence program, counseling, 24 hour crisis phone, feeding and housing in emergencies.

S.F. Gay Rap Program
2012 Pine St., SF

Raps are held every Tuesday at 8 pm. "Gay Rap is the Alice's Restaurant of the Gay Movement -- you can get anything you want".

Gay Information Line
c/o M. Bento and C. Wilson
320 Valencia St., #59, SF 94103
621-2089

24 hour switchboard...emergency referrals...wants to get a rap program going.

Gay Liberation Book Service
P.O. Box 40397, SF 94140
824-3184

Offers books, periodicals, and pamphlets on gay liberation. Write for free list of material available.

Gay Counseling Service
626-3934

"Information and positive, supportive counseling for anyone about homosexuality...referrals to sympathetic professionals."

Hair



Organic Hair Care Center

138 E. Blithedale, Mill Valley
383-5400

Hair care with only natural products. "We use fresh herbs, aloe cactus plant leaves, oil treatments, etc. We are involved in educating people about their hair and how to care for it without harmful commercial products."

1/2 WAY HOUSES

Stepping Stone

255 10th Avenue, SF
751-5921

A place where women can come to get help with problems of alcoholism. The Center has a capacity of 12 women ranging in age from 18-60. Women can either be referred or can ask to be admitted themselves. An appointment is then made for the woman to be interviewed. She must have been sober 24 hours before the interview. The woman stays a minimum of 4 weeks and a maximum of 11 months, depending upon the woman. Most work on the outside. Counseling is offered on the premises. Fee is \$32.50 a week or whatever the woman can pay. Office hours are 10am-4:30 pm, M-F.

Friendship House for American Indians

818 Steiner St., SF
346-8895

A halfway house for American Indian men who are alcoholics. Room and board is \$20 per week. Men should apply from 9-5, M-F at the office which is located at 1340 Golden Gate Ave., SF (922-3866).

Volunteers of America

2300 E. 14th Street, Oakland
536-0123

Men's rehabilitation center for alcoholics, ex-addicts, and ex-convicts. Sheltered workshop is available. No fee.

The First Step Home

1035 Haight St., SF 94117
863-3661

Halfway house for alcoholics...must come sober, no detoxification facilities...call the office from 8am-6pm for an interview appointment...open to males and females...cost is from \$30-40 per week for room and board.

Conard House

2441 Jackson, S.F.
346-6380 or 921-9905

This is an inter-racial, co-educational psychiatric halfway house for young adults from 19-35. Its capacity is 29 residents, most of whom share rooms. There are communal kitchens and a dinner co-op M-F (the rest of the time residents eat out or cook individually). To become a Conard House resident, you must have an interview and provide a brief psychiatric history on a written application. Once accepted, there is a 1 yr. maximum stay. Residents must spend their days outside the house engaged in some activity that means something to them (vocational training, school, a job, volunteer work, etc.) Staff is on hand 24 hrs. daily to help deal with day to day problems and crises, but residents must arrange for their own therapy on the outside, and handle their own medication. Rent is \$47-\$55/mo., and co-op dinners are 85c/meal. Applications can be picked up at the house from 9-5 Mon.-Fri., and anyone who has had psychiatric problems and is within the age range is eligible except for alcoholics and hard drug users. There is also an evening social program open to non-residents. Just ring bell at 8 p.m. on M., T., Th., and F. nights.

Henry Olhoff House

601 Steiner, SF
621-7097

A halfway house for alcoholic men. The men must be employable. An evening rehabilitation program is held and residents must participate. Average stay is 3 months to a year. Cost is \$42 per week for room and board. Call for an interview appointment from 9-5, M-F.

Baker Place West

731 Baker, SF
567-1564

Emergency supervised housing (14 day maximum) for people living in the Westside Mental Health District. They must be referred by a psychiatric clinic or private psychiatrist. Fees are determined according to the individual's resources. Referrals taken from 9 am to 10:30pm Monday through Saturday.

The Phoenix House

3830 Clayton Road, Concord 94521
825-2152

A residence for 16 handicapped adults. Main emphasis is to break the long-standing behavior pattern of institutional dependence which is a cardinal problem for most of the residents.

Center Point

812 D Street, San Rafael
454-2413

A residential treatment program for drug addiction with a one-year residency requirement. Both men and women welcome, and there's no fee. For people not in residence they run various other groups. Not an "attack" type therapy, but more along the lines of a supportive "family" therapy.

HEALTH THE ALTHEAL

MediCal

MediCal is California's health plan. Our governor is greatly trying to limit those who qualify for MediCal but you may still be able to get it. Anyone who is on welfare automatically qualifies. Women who are pregnant and unmarried (heads of dependent families) qualify if their income is low enough. Regulations vary from county to county so check with the following places:

Alameda Co. 508 16th, Oakland 464-1000
SF Co. 150 Otis 558-6161
San Mateo Co. 225 37th Ave., San Mateo
573-2222

San Francisco District Health Centers

San Francisco has 5 district health centers which are located at:

#1-3850 17th Street, SF 558-3905
#2-1301 Pierce Street, SF 558-3256
#3-1525 Silver Avenue, SF 468-3664
#4-1490 Mason, SF 558-3158
#5-1351 24th Avenue, SF 558-3246

All Centers provide free preventive health care including well-baby clinics, physical exams, immunizations for children and adults, sanitary inspections, family planning, cancer screening for women, pregnancy testing, and dental care for children. All clinics are by appointment and the hours vary. All have public health nurses who will make home visits for counseling on health problems, nutrition, pregnancy, etc.

Minors need parental consent for immunizations and birth control. All Centers serve any resident of the City and are not strict about the District Health Center boundary lines. In addition:

#1 has a glaucoma clinic, multilingual staff (Chinese, Tagalog, and Spanish), and a podiatry clinic.
#3 has a podiatry clinic.
#4 gives chest x-rays, has a podiatry clinic, and has a multilingual staff.
#5 has a podiatry clinic, a glaucoma clinic, and gives chest x-rays.

Outpatient Clinics

Most hospitals, including Mt. Zion, Children's and Chinese Hospital, have out-patient clinics where a person may register and pay a fee to be treated. Fees are usually based on income, and are less than a private doctor charges. All kinds of medical problems can be handled. (See also Emergencies). Generally you pay a registration fee and then a fee for each visit, but free care is offered at some places if the patient can't pay. Anyone is eligible to "join" the outpatient clinics if he meets eligibility requirements as to residence (area in which you must live), etc. Call the hospital you're interested in for more information and for an appointment. Try not to be too sick when you go to register (which will be the first time you go to the clinic) as registration often takes forever.

THE ALTHEAL

IN S.F.

IN S.F.

IN S.F.

San Francisco Medical Society

250 Masonic, SF
567-6230

This group is not too useful unless you can afford to go to a private doctor or have MediCal. In that case, call them and free of charge they will provide you with the names of qualified doctors that fit your ailment. You will then set up the normal doctor-patient relationship by calling the doctor. Emergency referrals are done 24 hours a day.

Hospitality House Clinic

148 Leavenworth, SF
776-2103 or 558-2588

This clinic offers most out-patient services and primary preventive health education. Family planning services are available on Wednesday afternoons. The rest of the clinic is open from 10 am to 6 pm, Monday through Friday. All services are free.

Mission Neighborhood Health Clinic

240 Shotwell, SF
552-3870

Complete medical care plus preventive and basic dental care. The family is registered as a whole. Registration takes place M-F from 8-8 and Saturday from 8 a.m. to 12 noon. Go early in the morning. An appointment is then set up to see the doctor, public health nurse or whoever the family wants to see. Drop-ins are also taken but there is a long wait. They also help people with welfare, nutrition, and other problems. Anyone who lives South of Market and East of Castro and earns less than \$4000 annually for a family of 4 is eligible to go. Those under 21 who are not emancipated must have parental consent for birth control. They accept MediCal and people with any health insurance must bring the policy with them. Patients must also have their social security card with them.

Haight Ashbury Free Medical Clinic

558 Clayton (above liquor store), SF
431-1714

General health treatment of all kinds...no physical exams...VD cultures but no treatment...women wanting birth control information are referred to the Women's Need Center...pregnancy testing and counseling...open to anyone... "Our aim is to serve the people"...contributions are requested as this is a peoples venture but free treatment is available...hours are 6-10 pm Monday through Thursday...drop-in; no appts.

HEALTH HEALTH HEALTH HEALTH

Everyman's Free Medical Clinic

120 Church St. (between Market and Duboce), SF 861-8883

Everyone is welcome at this free neighborhood clinic. Help is given in all kinds of medical problems with emphasis on simple and direct means of diagnosis and treatment. Medications usually provided when needed. Referrals made to other facilities if necessary. No pregnancy tests are done but birth control help is given. No appointments necessary but usually it is crowded so there may be a 1-2 hour wait. The clinic is open M W F from 5-8 pm and Saturday from 1-4 pm.

Chinatown Health Team

599 Jackson, SF 398-2212

Free program for the Chinese community which includes screening for anemia, blood pressure testing, first aid, patient advocacy program, outreach program. Call to find out hours that they are open.

Telegraph Hill Medical Clinic

660 Lombard St., SF 94133 421-6441 (M-F, 9-5)

Well baby clinic to age 5 (make appointments through District Health Center #4)...physical exams for all ages...eye clinic...pediatrics...internal medicine...bone clinic...skin clinic...gynecology but no family planning. Patients are referred to Health Center #4 for birth control...Immunizations are given on the first and third Wednesdays-no appointments needed. Appointments are necessary for all other clinics and usually are made for within a week. Emergencies are referred to Harbor Emergency...Patients must be low-income from any part of the City...fee is \$1 and up on a sliding scale according to income.

St. Anthony's Dining Room Clinic

55 Jones, down the ramp, SF 552-3838

General health services for everyone...they try to have services available for all ages and both sexes, but mainly see men...problems they can't deal with are referred to San Francisco General Hospital...treatment is free, as is medication...clinic hours are 11 a.m. - 12:30 p.m. on Tuesday and Friday...drop-in clinic, no appointments.

Lifeline Mission Clinic

917 Folsom, SF 392-2220

General health care for anyone...referrals to hospitals if necessary...free medication and treatment...arrive between 7-8 p.m. on Mondays.

Hunters Point-Bayview Community Health Services
5815 Third St., SF 94124
822-3130

Open to residents of Sunnydale, Bayview, Hunters Point, Visitation Valley...provide referrals for free medical care...patient goes in and registers then is given the name of a doctor or clinic...no direct services available except for a 24-hour crisis line and a birth control clinic (located at 1641 La Salle St.)...drop-in hours for registering are 9-5:30, M-F...referral is free...other offices are located at 219-233 Harbor Road, 1625 Carroll, and 1447 Sunnydale.

Community Health Services Transportation

5815 Third Street, SF 822-3130

Residents of the Bayview-Hunters Point Model Cities area can call to set up an appointment with a social health technician who registers the person. The person can then call when s/he needs a ride to the doctor or hospital and it will be provided free of charge. Open 9-5:30, M-F to set up appointments.

Canon Kip Community House Clinic

705 Natoma St. (at 8th St.), SF 861-6801

General health care for anyone of low income...glaucoma screening...Public Health Department uses the clinic facilities for a family planning clinic on Thursdays (call 558-3246 for information about this)...fee is graduated and nominal if the patient can afford it. Otherwise, there is no fee...MediCal accepted...clinic is from 8-5, Mon. through Fri. but patients should go there at 8 to register or they may not be taken...may be a long wait as everything is on a drop-in basis.

Blackman's Free Clinic

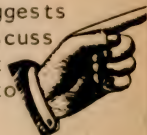
689 McAllister, SF 563-7878

All kinds of health care provided by this people's free clinic: gynecology, sickle cell anemia tests, VD tests and treatment, ear, nose, throat, and eyes, physical exams, etc...no provisions for drug overdoses...cases they can't handle are referred to SF General Hospital...eye clinic is held every other Tuesday and an appointment must be made. They're booked up a month in advance. Fee for eye glasses is \$10...all other services are on a drop-in basis and are free...medication is free when they have it...rules say they can't provide minors with birth control without parental consent but a spokeswoman suggests minors can feel free to come in to discuss it...drop-in clinic for everything but eyes is M-F, 6-9 pm...clinic is open to everyone.

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Mt. Zion Pediatric Project

1600 Divisadero (at Sutter), SF

567-4754, ext. 530

Complete child and infant physical and psychological care. Child must be under 18 years old and meet residency and income requirements set up by Mt. Zion. Make an appointment with an eligibility worker who does the screening and then arranges for an appointment with the doctor. A doctor is on duty 24 hours daily and emergency cases are taken. Fees vary.

San Francisco Women's Health Collective

3789 24th St., SF 94114

282-6999

All women are eligible for their services and everything is free. They have political and educational projects including an advocacy program and teaching women to do self-exams. They also provide obstetrical and gynecological referrals and information. On Wednesday nights, classes and discussions are held. Call for further information.

Family Health Project

1101 Masonic, SF- 2nd floor

863-2790

The Family Health Project offers health services to residents of the Haight. "It is not an impersonal clinic. We'd like to be your family doctors". Community board decides policy and fees. Fees currently are \$6.50 for a long medical visit and \$2.50 for a short one. The Project offers basic medical and dental services on M, W, and Thurs. from 4-8 and Sat. from 10-3. Planned Parenthood uses the facilities for a teen birth control clinic on Wednesdays from 3-6.

IN BERKELEY

Berkeley Health Department

2121 McKinley Ave., Berkeley

644-6437

Call the above number to find out the addresses and hours for the various health clinics open to Berkeley residents. They also put out a pamphlet called "Health Services in Berkeley" which you can request. The Health Department offers well-baby clinics, family planning clinics, immunizations, nutrition information, home health care services, pregnancy testing and counseling, sick child care program, TB screening, VD clinic, etc. Appointments required for most clinics.

Herrick Hospital

2001 Dwight Way, Berkeley 94704

845-0131, ext. 361

Every kind of medical care on an out-patient basis. Appointments required. Teens under 18 wanting birth control must have parental consent if living at home. The average fee for all clinics is \$10 a visit but there is a part-pay plan in which the Health Department pays for part of the visit.

Berkeley Free Clinic

2339 Durant Ave., Berkeley

548-2570

Medical, dental, and women's clinics...rap center... drug and psychiatric counseling...24 hour crisis switchboard...referrals for food, crashing, etc. Open 24 hours on a walk-in basis...all services are free.

Berkeley Women's Health Collective

2214 Grove, Berkeley

843-6194

This Collective operates a Women's Clinic at the Berkeley Free Clinic on Wednesdays and does abortion, birth control, pregnancy, and nutrition counseling at the above address on Mon. and Thurs. from 1-5 and 7-10 and Sat. from 1-5. See also listing under "Women."



George Jackson Free Clinic

3236 Adeline St., Berkeley

653-2534

Free medical services to everyone...free pharmacy...sickle cell testing and genetic counseling...pregnancy tests...VD diagnosis and treatment...family planning services available to everyone, including minors without parental consent...lab work for hepatitis... referrals to free private MDs with specialties in such areas as optometry, urology, etc... Open M and W from 9 pm to midnight, Tues. from 8:30 pm to 10:30 pm, Thurs. from 6-8 pm, and Friday from 11 am-1 pm.

IN SAN MATEO COUNTY

San Mateo Department of Public Health

TB and VD clinics offered at the main office at 225 - 37th Avenue in San Mateo. Call 573-2514 for information about clinic hours. Well baby, family planning, and immunization clinics offered at the 5 district offices listed below. Call the nearest office for information and appointments. All other medical services offered through Chope Community Hospital. All services are free. The District Offices are:
North County- 1024 Mission, South San Francisco 873-1800, ext. 228

Mid County- 225 - 37th Ave., San Mateo 573-2501

Redwood City- 500 Arguello Street, Redwood City 369-1441, ext. 2406

Bay Road- 1645 Bay Road, East Palo Alto 369-1441, ext. 2395

Coastside- 707 Mill Street, Half Moon Bay 726-5236

Weekends - all areas, 573-2222.

Harold D. Chope Community Hospital

222 39th Avenue, San Mateo 94403

573-3760

All kinds of medical services. An eligibility worker will determine if the patient has the ability to meet any part of the cost of care. If the patient is unable to do so, no charge is made.

Guadalupe Neighborhood Health Clinic

6705 Mission St., Daly City 94014

755-9016

General medical services including VD diagnosis and treatment, family planning (minors seen without parental consent), physical exams, minor emergencies, pregnancy testing and counseling, well baby care, podiatry, counseling, and consultation for children with learning and behavior problems. Open to anyone. \$1 registration fee asked if you can afford it. Open from 7-10 pm, M-F. Appointments requested. Bilingual staff. They also have a pick-up service for people living in the immediate area who have no other way of getting to the clinic.

Mary's Help Hospital Clinic

1900 Sullivan Ave., Daly City 94015

992-4000

A general medical clinic including such specialty clinics as Orthopedics, Internal Medicine, Surgery, and Pediatrics. Hours: 7:30-4, M-F (to be expanded soon to include evenings and weekends). Call the clinic eligibility office to enroll.

IN SANTA CLARA COUNTY

Charles R. Drew Health Service

2111 University Ave., Palo Alto

328-5060

Open to residents of East Palo Alto and East Menlo Park for general health care including ob.-gyn., dental service, psychiatric care, etc. Open to anyone for VD testing and treatment. Services are free for those under a certain income and are based on a sliding scale for those who earn more than that. Open 8:15-6:00, M,W, and F and 8:15 to 9 pm. on Tues. and Thurs.

Santa Clara County Health Department

2220 Moorpark Ave., San Jose 297-1636

151 W. Mission St., San Jose 297-1636

43 Gish Road, San Jose 297-1636

270 Grant Ave., Palo Alto 321-2141

101 Stierlin, Mountain View 965-1466

641 University, Los Gatos 354-8330

660 South Fair Oaks, Sunnyvale 732-3720

80 Highland, San Martin 683-2683

650 W. 5th Street, Gilroy 842-7141

1989 McKee Road, San Jose 251-2760

Immunization clinics, tuberculosis screening, well baby clinics, family planning clinics, VD clinics (151 W. Mission, San Jose only), public health nursing, screening for diabetes, glaucoma, cervical and breast cancer, heart and respiratory diseases, dental care for children under age 18, and mental health services (see Mental Health) for residents of Santa Clara County. Call your nearest center for hours and appointments.

Satyagraha Health Service

667 Lytton, Palo Alto / Box 1001, Palo Alto

321-8382

"We have a library of health reference books (need donations). We want interested people to set up health raps. We need people interested in setting up a community health center. Any ideas considered."

IN ALAMEDA COUNTY

Alameda County Health Department

2550 Peralta Blvd., Fremont 94536

793-1550, ext. 35 or 36

15001 Foothill Blvd., San Leandro 94577

351-8000, ext. 434

499 5th Street, Oakland 94607

874-7196

2226 Santa Clara, Alameda 94501

LA 3-7610

County-run health clinics offering services in immunizations, family planning, etc. The Fremont center operates out of 3 different centers. The only thing they do in their office is pregnancy tests which are free. The other centers are: Union City Medical Office, 820 E Street, Union City 94587, 471-3930/471-4150

6214 Thornton Avenue, Newark 94560, 797-1188

43000 Sumter Avenue, Fremont 94538, 651-1033

The Union City Center offers immunizations at \$1 per shot, well-baby clinics at \$1 per visit, Vd clinics for \$1 per visit, all methods of birth control and pregnancy testing and counseling. No fee is charged.

The Newark Center offers birth control, pregnancy testing, and pregnancy counseling. Teens do not need parental consent but a rap session is required (covering the methods of birth control). Call for an appointment; the clinics are Tuesday and Wednesday afternoons. No charge.

The Fremont Center offers birth control, pregnancy tests and pregnancy counseling. They also have immunizations at \$1 per shot. Other services are free.

The San Leandro Health Center offers a drug abuse clinic with Methodone maintenance, an alcoholism clinic with appropriate medical care and group therapy, an immunization clinic charging \$1 per shot, pre-marital exams, chest x-rays for \$1 (limited facilities rule out teachers coming here for their required chest x-rays), a family planning clinic which offers all methods of birth control plus pregnancy testing and counseling, and a multi-phasic screening clinic for anyone over 18. All services are free except where a price is mentioned. All are by appointment except for immunizations and chest x-rays.

The Oakland and Alameda Centers offer multi-phasic exams, immunizations for \$1 and family planning clinics. The family planning clinic includes all methods of birth control, pre-marital blood tests, pregnancy tests and counseling, vaginitis diagnosis and treatment, and referrals for sterilization. It is open to anyone who lives in Alameda County, except residents of Berkeley and Albany but women must be over 18. There also is a VD diagnosis and treatment clinic every morning except Thursday from 8:30-10 and Thursdays from 4:30-6 for anyone over 13 years of age. All clinics charge \$1 per visit and require appointments except for the VD and immunization clinics.

health, cont. again!!!!

IN ALAMEDA COUNTY, cont.

West Oakland Neighborhood Health Center
700 Adeline Center, Oakland 94607
835-9610

Medical clinics in pediatrics, dental care (for children and adults), Ob-Gyn, optometry (including glasses), orthopedics, physical therapy, and family planning. The family planning includes all methods of birth control, VD diagnosis and treatment, and referrals for vasectomies. The clinic is open from 8-8, M-F. Payment is dependent upon whether the person lives in the West Oakland Model Cities area or not. If s/he does live in this area, the fee is according to the patient's ability to pay. If not, the fee is comparable to that of a private MD.

Highland Hospital

1311 E. 31st St., room 322, Oakland 94602
534-8055, ext. 328 or 584

All kinds of out-patient care. You must go through an eligibility screening in which a fee is determined. The fee is either on a part-pay basis (Hospital pays part, patient pays part) or is on a sliding scale according to income. MediCal is accepted.

IN MARIN COUNTY

Street Ministry

8 Olive Street, Mill Valley
388-7024 and 383-0492

A free clinic wants to start in Marin, and needs all kinds of materials to be donated, as well as medical volunteers. Contact the Street Ministry with your ideas and help.

IN CONTRA COSTA COUNTY

Mt. Diablo Free Clinic

85 Cleaveland Road, Pleasant Hill
935-2710

Free birth control and VD clinic, Tues. and Thurs. 7-9 pm. Drop-in Rap Center at 399 Gregory Lane, Pleasant Hill, Tues. and Thurs. 3-9 pm. Sponsored and staffed by students of Diablo Valley College. All services free.

HEALTH PUBLICATIONS

National Free Clinic Council

P.O. Box 27278, SF 94127 or 701 Irving, SF 94122
664-9515

The Council is developing a system of information exchange and dissemination concerning all aspects of free clinic operations to help improve the services of free clinics and to work toward eliminating the inadequacies of the present health care system. They have published a book, The Free Clinic; Community Approaches to Health Care and Drug Abuse. It contains descriptive articles about free clinics, fund raising, community relations, and other issues pertinent to the free clinic movement, and costs \$5. They need additional staff - particularly Third World people and/or people with experience working in free clinics (volunteer with possibility of working into a paying position).

Student Research Facility
1132 the Alameda, Berkeley 94707
525-1319

Researches health problems and publishes pamphlets about the health system and how it doesn't work. Published Autopsy on the AMA, a thorough and frightening analysis on the state of health care in the U.S.

Our Bodies, Ourselves

Boston Women's Health Collective
c/o New England Free Press
791 Tremont St., Boston, Massachusetts 02118
An absolute must for all women to read. Not only does it discuss birth control very completely, but it discusses women's bodies in general. 35c. Available by sending for it directly or at such bookstores as Modern Times in SF or A Woman's Place in Oakland.

HEALTH PLANS

Kaiser Foundation Health Plan

2425 Geary Blvd., SF
567-4404

This is an insurance plan which provides medical coverage including hospital care for members at a nominal fee. You must be a member to use Kaiser facilities. Not everyone is accepted for membership and Kaiser only accepts applications for new members at certain times of the year. Membership costs from \$15 a month up depending on size of family and coverage desired. If you're sick alot and/or thinking about getting pregnant, you might consider joining. Kaiser also has facilities in Oakland and other cities.

Other Kaiser clinics are:

Broadway and MacArthur, Oakland	653-6121
27400 Hesperian Blvd, Hayward	782-3456
1425 So. Main, Walnut Creek	935-1500
690 Grape Ave., Sunnyvale	739-3330
1150 Veterans Bl., Redwood City	365-4321
1930 4th, San Rafael	479-3400
900 Kiely, Santa Clara	244-5500

SICKLE CELL ANEMIA

S.C.A.R.E. (Sickle Cell Anemia Research and Education, Inc.)

1930 Sutter, SF 94115 563-6023
1115 Broadway, Oakland 94618 452-4014
Approximately one out of every 400 Black children born in the United States has Sickle Cell Anemia. One out of every 10 Blacks carries the Sickle Cell trait. There is no cure at present and the disease is hereditary. S.C.A.R.E. provides screening tests for Sickle Cell Anemia and does genetic counseling for victims of the disease. They also maintain a "crisis alert" phone on a 24 hour basis to provide emergency care for victims of the disease and they arrange for blood transfusions. S.C.A.R.E. has begun a nationwide public awareness campaign and hopes to be able to build a research facility in the Bay Area. All donations are tax-deductible.

Sickle Cell testing and counseling is available for free or a nominal fee at:

Black Man's Free Medical Clinic
689 McAllister, SF 94102

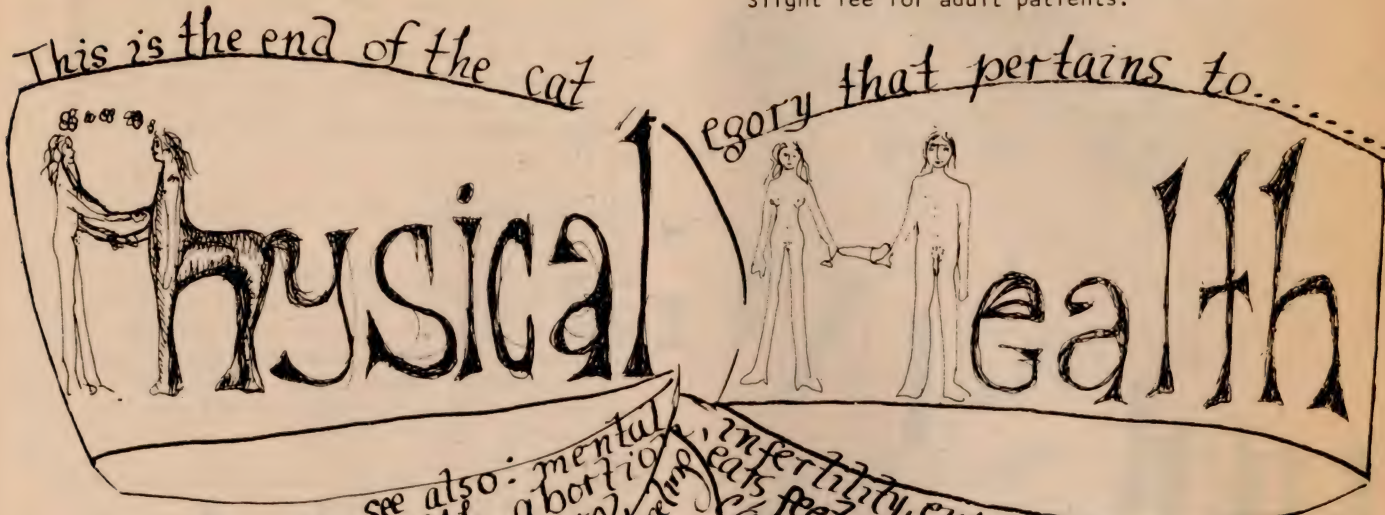
563-7878

George Jackson People's Free Health Clinic
3236 Adeline, Berkeley 94703 653-2534

Kaiser Clinics (Addresses and phone numbers listed elsewhere in this section). Free to Kaiser patients. Others must pay for the test as well as an office visit.

West Oakland Health Center
700 Adeline, Oakland 94607 835-9630

Planned Parenthood of San Francisco
2340 Clay, SF 94115 567-0870
Free for teens on Tues. and Fri. from 2-5.
Slight fee for adult patients.

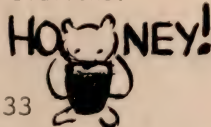


HITCH- HIKING

Hitch-Hikers International

19 Wavecrest Ave., #9, Venice, Calif. 90291
(213) 399-R-1-D-E

Although located out of the Bay Area, we're mentioning this organization with the thought that maybe someone could start a similar thing up here. H-I is trying to make hitchhiking safer and more comfortable. They've set up a switchboard so that riders and drivers can get in contact with each other. Future dreams are for hitchhiker inns and pick-up stations.



Honey Express

329 Chestnut St., S.F. 94133
989-4451 or 989-0652

This is a family enterprise, selling and delivering organic, non-filtered, capped honey in 48 oz. (4½ lb.) jars at \$3.15/jar.

hotels & hostels

Berkeley Youth Hostel

711 Harrison St., Berkeley 94710
526-9963

Dormitory beds for \$1 per night...men's and women's dorms and rooms for couples...showers and luggage storage available free...hours are 8:30-10:30 am and 7-12 pm...call for a reservation.

S.F. Y.M.C.A. Hotel
351 Turk St., S.F.
673-2312

This hotel is open to anyone.

Rooms start at \$4.75 (single).

The cheaper rooms have baths down the hall, while more expensive ones include bath. Though located in the Tenderloin, this is not a slummy place.

There are many transient young people from all over, making it a fine place to meet people. The atmosphere is like a European Youth Hostel. There's a downstairs lounge where people congregate, so drop in even if you're not staying there. Hotel guests can use Y pool and gym. Good idea to call ahead for a reservation.

American Youth Hostels

625 Polk St., SF
771-9316

A membership organization which maintains a network of 4,200 hostels in 47 countries offering inexpensive lodging for travelers. They publish two books giving locations of hostels, one for Europe and one covering the rest of the world. Each costs \$2 plus 45¢ for mailing. Membership is \$5 to age 17 and \$10 for people 18 and over. When traveling you need a membership card from the country that corresponds with your passport. The office is open for drop in visit on Monday and Friday from 9:30--12:30, and Thursday nights from 7 - 10. They also have social meetings on Thursday evenings, with programs about travel and the outdoors. Closest hostels to Bay Area are at Los Altos and Calistoga.



HOUSING

The Bay Area has a low apartment vacancy rate, and finding a place to live can be a trial. Here are some ways to locate apartments and/or roommates:

You might want to put your own "wanted" ad in the newspaper--managers of good places often don't have to advertise.

Tell everyone you know that you're looking for a place. Check bulletin boards of local colleges. SF State, for example, has an apartment listing board that is open to anyone in terms of access to it (in Mary Ward Hall). It also has listings for roommates. Check bulletin boards in laundromats, coffee houses, churches, etc. Put up your own notice.

Pick the area in which you want to live and spend awhile walking around. You are bound to find some rental signs--but look carefully as many are small. Check the mailboxes and the area near the front door, favorite hiding places for small rental notices. Check windows to see if any are without curtains, a possible indication of vacancy in the building.

Most places require first and last month's rent, which isn't returned if the rental agreement has been violated in any way (such as not giving 30-day notice before moving).

Good Samaritan Home
948 Foothill Blvd., Oakland 536-9750
Provides temporary emergency housing for women until they can find a permanent arrangement. \$3 a day; \$1 for children, but they are flexible about payment. Individuals need to be referred by Welfare if they are on welfare.

East Bay Housing Office
9500 E. 14th St., Oakland 632-9111
Services those who feel they have been discriminated against in housing.

Emergency Shelter Program (Casa Esperanza)
24679 Second Street, Hayward 94541 537-0170
The House of Hope offers temporary residence to girls and women over 13 who cannot live in their own homes and need help in finding a more permanent solution to their problems. Information and assistance are given in such areas as education, employment, housing, pre-natal care, drug counseling, and social welfare. Minimal charges according to the resident's ability to pay.

Entropy Housing Files
1914 Polk, SF 94109 441-4404
Entropy Free U offers a free service in which people who are looking for places to live and people to live with and people with places who are looking for more people to live there can fill out cards. Anybody can come in to look through the cards on file from 1-7 on M-F.

Operation Sentinel
The Tower House, 860 Escondido, Stanford 94305 H-O-U-S-E-I-N-G
"We man a switchboard from 9-5 on Monday through Friday to take calls from people who feel they have been discriminated against in housing because of their race or religion. We refer them to an agency in their area which can assist them, follow through by checking with them on the kind of service they receive, provide volunteer lawyers if needed, and generally work in every way we can to end the practice of illegal discrimination."

Friendship House for American Indians
1340 Golden Gate Ave., S.F. 922-3866
Emergency housing for American Indian women and children. There is a cost, but this can be arranged with the Center.

Free emergency temporary housing in SF:
Rafael House
712 Gough (Near McAllister) 621-1590
For women over 18 and children. Meals provided and clothes available too. Referrals to other places for long term help.

Salvation Army Harbor Light Center
240 4th Street, SF 781-4573
For men only. Housing available after evening service and meal which is at 6:45.

Pinehurst Lodge
2685 30th Ave., SF 681-8340
Lodging and meals for women and mothers with small children.

St. Patrick's Church
756 Mission, SF 421-0547
M,W,F between 5-8 pm there is a man from St. Vincent de Paul who is able to help with a limited amount of housing.



ICE CREAM

Old Uncle Gaylord's Home-Made Ice Cream
& Salt Water Taffy Parlour

721 Irving (bet. 8th and 9th Aves.). S.F.
665-4152

"Real home-made ice cream made in the old-fashioned manner. We are the only true alternative to the plastic, slippery shit that is being palmed off on the public as 'home-made' ice cream. Open 'til midnight every night, with an ice cream tasting party every Wednesday night."

Bud's Ice Cream
1300 Castro, S.F.

647-2573
Bud says he's been in the ice cream business about 20 yrs. He makes it all on the premises, with his own recipes, using "quality ingredients." Prices are lower than at the chain ice cream stores. About 20 flavors on hand at a time. Open 12 noon to 10 p.m. daily except Wed., when he's closed.

I-ching

I Ching Classes

421-2891, SF

Instruction in the I Ching using the deck of cards. Cost for a 1 1/2 hour class is \$2. Also available are new I Ching decks of cards with 64 hexagrams and 8 instruction cards for \$5.

infertility

UC Medical Center Infertility Clinic

3rd and Parnassus, SF
666-1112

Although anyone is eligible for this clinic, patients must be referred by either a UC or outside doctor. Appointments are necessary and fees are on a sliding scale.

Information & Referral

Information and referral differs from switchboards in that switchboards offer the caller a person to talk with as well as referrals. (See also switchboards).

San Mateo Department of Social Services

573-2808, San Mateo

Information and referrals for San Mateo residents in the areas of health, social services, etc.

Neighborhood Service Systems

735 Larkin, SF
441-5211

An OEO sponsored project which is designed to help people get through the red tape involved in such things as welfare, housing, etc. Anyone can contact them and they will provide referrals and help for free. Open from 8:15-5, M-F.

Santa Clara County Information and
Referral System

277 W. Hedding, San Jose 95110

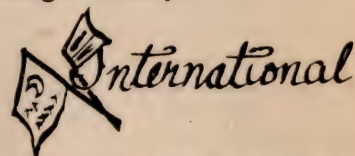
275-6740 or ENTERPRISE 15245 (toll-free)

Sponsored by the Social Planning Council of the County, this referral service has a complete file of places where people can go for help. They do not offer any direct services themselves. Open 9-5.

United Bay Area Crusade Information and
Referral Service

2015 Steiner St., SF
567-5700

Information and referrals for health, welfare, recreation, and youth services. They do some short-term counseling but do referrals for anything long-term. Open to residents of Alameda, San Francisco, Marin, Contra Costa, and San Mateo counties. No fee. Open from 8:30 to 4:45 Monday through Friday.



International Institute of San Francisco

2209 Van Ness Ave., SF

673-1720

This agency helps the immigrant and foreign born populations of San Mateo, San Francisco and Marin counties. Its multi-lingual staff provides short term counseling, an extensive information and referral service, and help with specific immigration problems. There are also classes in English and other subjects, open houses, a monthly newsletter, and a general effort to develop and disseminate information for and about various ethnic communities. The overall goal is to help the immigrant in the often difficult adjustment to life in a new country. Clients without adequate income pay no fee, and those who can afford to are asked to make a donation. General administrative hours are daily 8:30 to 5. "Intake House" are Mon., Wed., Thurs, & Fri., from 1 to 4:30; Tuesdays 1 - 5:30.

French Tutoring

567-9877

Anne Mali says, "I am French. You can expect to be able to get around in France after some lessons." \$3.00/hr.

U.S.-China Friendship Association, SF Bay Area

P.O. Box 40486, SF 94100

285-1992

The U.S.-C.F.A works to build friendship between the U.S. and the Chinese people. "Our resources include speakers, films, photo displays, literature, and Chinese language classes ('Potangua?'). We are not a 'movement group' but a service organization reaching out to the U.S. people. Join us in our work and/or take advantage of our resources."



international, cont.



Zitsa Folk Dance Coffee House

1650 Market St., S.F. 94102

864-9113 or 467-7551

"Folk dance lessons (Greek, Balkan, Israeli) and belly dancing lessons. We serve coffee, pizza, and imports from Greece and Yugoslavia. \$1.50 admission except on Sat. (\$2.00) or for belly dancing (\$3.00) Schedule as of end of May: Sun. at 7:30, Greek dancing; Mon. at 7:30, Balkan dancing; Tues. at 7:30, Greek dancing; Wed. at 7:30, Israeli dancing; Thurs. from 8-9:30, belly dancing and at 9:30, international dancing; Fri. closed; Sat. at 9:30, Greek dancing."

The American Academy of Asian Studies

134-140 Church St., SF 94114

863-4168

An evening non-profit adult graduate school specializing in Asian Studies and languages, offering M.A. and Ph.D. degrees. Tuition is \$22.50 per credit unit.

California Institute of Asian Studies

3494 21st St., SF 94110

648-1489

The Institute provides systematic studies in the cultural and spiritual heritage of Asia. It has an excellent faculty whose members are all recognized authorities in their respective fields. "In keeping with tradition of Asia, the spirit behind the words is given equal emphasis with their academic study and interpretation."

The Cultural Integration Fellowship

2650 Fulton St., SF 94118

752-9890, 648-1489

A nonsectarian organization devoted to universal religion, cultural harmony and creative self-unfoldment. It stresses awareness of being as the foundation of the unification of the human race. It holds classes and lecture series, some requiring a donation, on various themes such as Yoga, Hindu dance and music, psychology, nonverbal communication, etc.

J Japanese Community

J-Town Collective

Mailing address: P.O. Box 26310, SF 94126

Office: 1516 A Post St., SF

567-7029

Works within the Japanese community to bring basic institutions--law, health, and education--into the control of the people. Involved in: New Dawn--the paper of the J-Town collective.

"In it we try to serve the needs of the people by printing the truth about our community, Amerika, and the world".

Film Program--"Our film program was started so the Japanese community can see and learn about the many people's struggles going around the U.S. and the world today."

Bookstore--"Our bookstore at 1516 A Post was set up to provide the Japanese community with revolutionary literature and newspapers...We also have goods from the People's Republic of China, and buttons and posters. Every Saturday the bookstore sets up a stand on the corner of Post and Buchanan to bring the literature to the people."

Health Care--"The J-Town Collective is working with the Asian Women's Health Team.

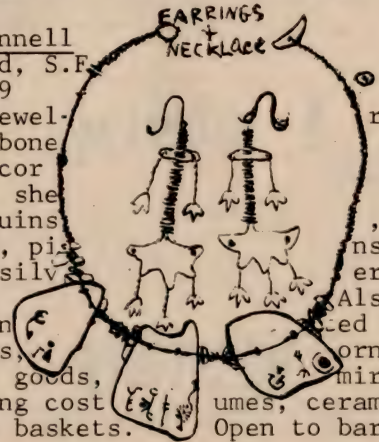
Right now it is involved in the investigation of the Japanese community's health care needs, especially those of women. If you would like more information about the Health Team, their address is: P.O. Box 26310, SF 94126
High School Organizing--"The J-Town Collective is working at Washington High School with Asian Alliance, an Asian student organization, to combat racist American education."

JEWELRY

Kate Connell

32 Lloyd, S.F.
552-2379

Crude jewel- carved bone beads, cor quoise, she ry, sequins clothes, pig coins, silver medals. and pain hangings, leather goods, lydancing cost storage baskets.



The Arrowhead

231 Valencia, SF

The man who runs the store is a Navajo silver-smith who makes authentic Navajo jewelry. He allows his store to be used as an outlet for Indian crafts. His prices are good. The store is open every day but Sunday from 9-5.

Lani Silver and Ellen Dimsdale

282-1973

"We are jewelry makers; either we can design whatever you want or you can do your own designing. Hand made fabrication and lost wax process. Fine and original work. Prices depend on what you want, what you can pay, and what we can eat off of. Will barter."

Starshine Enamels - Rosa Warder

3077 Sacramento, SF 94115

346-1151, evenings

One of a kind enameled jewelry--zodiacs, peace symbols, gem stone rings, earrings, pendants, etc. Designed to customer's choice of color, etc. Also, terrariums for \$5 and \$6.

labor

Transitions Labor Pool 752-7710

A community self-help program to improve the employment situation for men and women returning to San Francisco from prison or jail. "If you have windows to wash, houses to paint, leaves to rake, basements to clean, furniture to move, ditches to dig, fences to build, toilets to fix, or any other minor repairs, just call us. Reasonable rates...estimates on request. Robust work performed with grace and efficiency."

United Projects Building 330 Grove, SF 94102 864-9115

Job referrals for unskilled labor daily-type jobs, some that pay daily...for anyone looking for immediate cash.

LA RAZA

La Raza En Accion Local Inc. 3176 24th Street, SF 826-5855

Call for information on activities in the community, including a tutorial program for 1st grade through age 12 and a silk screening program which is located at 3174 16th Street, 863-5364.

La Raza Silk Screen Center 3174 16th St., SF 863-5364

They do posters for community groups. There is a charge for materials used. Classes held on Monday and Tuesday evenings.

leather

Leapin Lizards 3314 Sacramento, S.F. 921-5020

"Handmade heeled sandals, wooden wedgies, and platforms to order in 2 weeks or less. Many colors, hand painting done, fit guaranteed." They charge a base price of \$24.00. Repairs free except for resoling.

Lawrence J. Fulton Street Artist--in front of Cody's Bookstore 2454 Telegraph, Berkeley 526-5504

Custom leather work. High fashion belts, bags, wallets, berets, watchbands, sandals. "I was the first of the leather hand painters in the Bay Area." Hand painted flower bags: "Botticelli Florals." Now a new series of hand-painted bags: "Aubrey Beardsley Designs."

DK Leather Works 3452 Sacramento, S.F. 929-0474

"A small pre-industrial shop offering a complete line of custom-made leather goods -- sandals, handbags, belts, and decorative items (trunks, wall-hangings, etc.) We also research and restore antique pieces. All work is fully guaranteed and delivered in one week. Will barter." Open 11 - 6, Tues. - Sat., other times by appointment.

Moby Dick Sandals Second Deck of the Port 393 Miller Ave., Mill Valley 388-6444

Sandals, belts, purses, watch bands, head bands, leather lacing, buckles, latigo workbench space, instruction on an alternative or cooperative or communal approach to the "craft process"...Everyone is a craftsman! Prices for sandals start at \$15. Purses from \$13.

Durango Leather 451 California, Palo Alto 94306 328-8465

"We sell or trade fine sandals, moccasins, purses, belts, etc. which we make in our shop. We take high quality hand-made leather goods on consignment. We also sell leather tools and supplies. We are interested in getting together with other people to buy latigo and oak-tanned cowhide in large quantities to make the price a little more reasonable for everyone.

Snailspace 4290 24th Street, SF 826-3184

Hand made sandals which start at \$14, purses, belts, etc. Leather pieces which have been bought in large quantities so they are cheaper. Call to find out when they're open. Will barter.

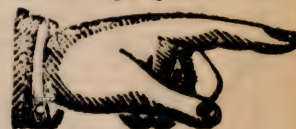
LEGAL ASSISTANCE

Women's Legal Center 558 Capp St., SF 285-5066

Help and support for women with legal problems. Call before going as no established hours have been set yet. See longer listing under "Women".

Youth Law Center 795 Turk St., SF, 474-5865

An OEO funded legal agency involved with law reform in juvenile cases. They will only take cases which can be used to pursue larger reform issues, and have, for example, been working to change procedures in juvenile court. They will do some referrals but don't take individual cases generally.





'That which is unjust can really profit no one.'

Neighborhood Youth Assistance Center

1370 Wallace, SF

822-5890

Designed primarily to serve the Hunter's Point-Bayview areas, they are open to helping any young person in trouble. They have a staff attorney and counselors to help you deal with the changes you're put through at Juvenile Court, etc. Open 9-5 but there's usually staff available in the evenings for emergencies.

Community Legal Services

330 N. Market St., San Jose

(408) 298-1315

Legal services ranging from advice regarding a problem through litigation. Help for groups includes advice regarding incorporation, incorporation representation before governmental boards and courts, etc. Individual help is given in such matters as divorce, bankruptcy, and landlord-tenant problems. There is no fee but in order to qualify for the services, you must earn below \$2500 if you are single and below \$3000 (plus \$500 per child) if you are married. In order for a group to be eligible, the majority of the members must qualify for the services.

Employment Law Center

795 Turk St., SF

A UBAC supported legal agency involved with law reform and some individual cases in the field of employment and unemployment problems. Most of their work concerns Civil Service or affirmative action programs.

American Civil Liberties Union

Northern Calif. Regional Office - 593 Market Street, SF 433-2570

Berkeley-Albany Chapter - P.O. Box 121, Berkeley 94704 548-1322

"We are an educational and litigation oriented organization which works to uphold and promote the rights granted in the Bill of Rights and Equal Protection Clause of the U.S. Constitution. Civil rights cases are taken by volunteer attorneys in Berkeley-Albany or by the staff at the San Francisco office. No fee for services.

People's Legal Co-Op

1200 5th Ave., SF 94122

566-2345

A private law firm which gives free legal advice and referral over the telephone.

East Oakland Switchboard

2812 73rd Ave., Oakland

569-6369

Deals mainly with the poverty communities in Oakland rather than with the hip culture...distributes emergency food...welfare rights, legal counseling, housing help...referrals and direct help...intended for people in Oakland but open to anyone...no charge...open 9am to 6pm, Monday through Friday.

Haight-Ashbury Legal Project

1476 Haight St. (at Ashbury), SF

864-2240

Operated by law students and interested members of the community, they can be of help on all kinds of legal questions, criminal and civil. They serve the Haight-Ashbury community and turn no one away. There is no charge for legal advice. Attorney referrals are provided. Open M-F, 1-6. They also help run the People's Law School.

Aid in Criminal Defense

1501 Galvez, SF 94124

285-6200

Serving the Bayview-Hunter's Point community, the office is staffed by lawyers, law students, and people who live in the community. They provide free or low cost legal defense in criminal cases, both misdemeanors and felonies. They have a strong community orientation and represent residents of Bayview-Hunter's Point exclusively. They have social workers and a psychiatric consultant, and plan expansion in the areas of employment, drug therapy, and youth counseling. The office is open 9-5, M-F but the phone is answered 24 hours a day.

Lawyer Referral Service

326-8322, Palo Alto

Sponsored by the Palo Alto Bar Association, this service provides callers with a 1/2 hour consultation with a lawyer. The fee is \$7.50 which goes to pay expenses for the Referral Service. The individual and the lawyer then decide whether further legal help is needed and fees are arranged between them.

Energy

1181-34th Ave., SF

681-2500

Serving generally the Sunset and Richmond areas, Energy is a resource for youth in many areas, including legal counseling. There is an attorney in the office in the mornings, and a guidance counselor in the afternoons. For people under 18 there is no fee for legal help; over 18 a fee is discussed. Young people are invited to drop in and get acquainted, and to use their legal and counseling services as they wish.

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MORE LEGAL ASSIS



MONEY CAN'T BUY A Listing

In The
People's Yellow Pages

All the listings are **FREE** to people
and groups who

Offer a survival service

SUCH AS LEGAL HELP, MEDICAL CARE, EMERGENCY HOUSING, ETC.
WHICH ARE NOT OTHERWISE ACCESSIBLE TO PEOPLE WITH LESS THAN
A MIDDLE-CLASS INCOME,

Have products to sell

THAT ARE HAND MADE AND OF HIGH QUALITY,
THAT EXPRESS THE CREATIVITY AND UNIQUENESS OF THE MAKER,
THAT ARE SOLD DIRECTLY BY THE MAKER, OR IN A "CONSIGNMENT SHOP",
OR
THAT ARE USED, OR "SECOND HAND" AND THEREFORE VERY INEXPENSIVE,
ESPECIALLY WHEN THE SELLER HAS PUT SOMETHING OF HIM/HERSELF
INTO THE OBJECT TO TRANSFORM IT...

Offer a human service

SUCH AS EDUCATION, FOOD CONSPIRACIES, PERSONAL GROWTH, ETC.
THAT BETTER MEETS THE NEEDS OF PEOPLE THAN DO THE ESTABLISHED
INSTITUTIONS,

Plus MINORITY ORIENTED PROJECTS AND PROGRAMS;

MOVEMENT POLITICAL ACTION GROUPS; **And** WOMEN LIBERATING THEMSELVES;

Or THOSE WHOSE WORK DEFIES DESCRIPTION SHOULD WRITE US ANYWAY, AND HELP US EXPAND OUR
DEFINITION OF ALTERNATIVES!

— THIS FOUR PAGE SECTION IS EASILY REMOVED FROM THE PEOPLE'S YELLOW PAGES. —

**Fill in the following page IF YOU WANT A LISTING IN
THE PEOPLE'S YELLOW PAGES NO. 3**

WHETHER YOU WANT A LISTING OR NOT, please fill in the FEEDBACK page

LET US HAVE YOUR COMMENTS ABOUT THIS BOOK, AND YOUR SUGGESTIONS FOR IMPROVING THE NEXT.

THEN JUST WIGGLE THIS YELLOW SECTION OUT OF THE BOOK, FOLD IT IN THIRDS
AS SHOWN ON THE BACK, AND SEND IT TO:

THE PEOPLE'S YELLOW PAGES COLLECTIVE
P. O. Box 31291
SAN FRANCISCO, CA. 94131

— ALL INFORMATION FOR INCLUSION IN THE THIRD EDITION MUST REACH US BY OCTOBER 1, 1972. —

Information

Name _____
Address _____
Town _____ Zip _____
Telephone _____

Please write your listing in the Box below. This time, write your name, address and telephone just as you would like it to appear in the PEOPLE'S YELLOW PAGES.

Start with telling what you do.

If it is a service, who is eligible for it?

What hours are you there?

Can people drop in, or is an appointment necessary?

If you make a product, describe it as well as possible (or send in a small line drawing and we'll try to use it.)

If you have a shop, describe what you sell.

What hours are you open?

How much do you charge, if anything, for services or products?

Will you barter?

Be as specific and informative as you can in the small space.

If it can't possibly fit into the box write it up anyway, and send it in.

Name _____
Address _____
Town _____ Zip _____
Telephone _____

THE PEOPLE'S YELLOW PAGES COLLECTIVE reserves the right to edit, shorten or not include any listing we receive. Please use the space below to comment on your suitability for a listing. Include, where appropriate...how you arrive at your prices...your work/lifestyle as an "alternative"...whether you do or would like to teach others your skills, and how you go about it...and anything else you'd like to let us know about yourself or your work.

Feedback

What do you like best about the PEOPLE'S YELLOW PAGES?

What do you like least about the PEOPLE'S YELLOW PAGES?

How did you find out about the PEOPLE'S YELLOW PAGES?

Where did you get a copy?

How many people regularly have access to the copy you use?

Do you know any people/places/projects that should be listed in the next issue?
Please give an address or phone number if you have it.

Is there anyone listed in the PEOPLE'S YELLOW PAGES that you feel should not be listed? Why?

Any other comments, suggestions, thoughts, feelings you'd like to share with us?

Thank you!

NOW INCLUDING ENTIRE BAY AREA & LISTINGS FROM THE SAMPLES

George Jackson Free Clinic
3236 Adeline St., Berkeley
653-2534

Free medical services for everyone...free pharmacy...sickle cell testing and genetic counseling...pregnancy tests...VD diagnosis and treatment...family planning services available to everyone...

Paul and Dave

(408) 246-9818, Santa Clara
VW repair...price is based upon ability to pay...free advice if you're working on your own car...parts for the work they do are charged at the price they get them for...prefer to do minor repairs but they also do major engine work.

Tinker Women

132 South Park, SF
986-7291 or 387-0884
Moving, hauling, painting (signs and walls), wall papering, office work, research, tutoring. Prices start about \$2.50 per hour but are negotiable.

↑fold along line↑

Place
A
Stamp
Here

People's Yellow Pages
Box 31291
San Francisco, Ca. 94131

↓fold along line↓

↓fold along line↓

- ____ Please send me ____ copies of this four page insert.
- ____ Please send me ____ copies of the PEOPLE'S YELLOW PAGES poster/brochure.
- ____ Please put my name on your mailing list to receive notices of future issues of the PEOPLE's YELLOW PAGES.

Please send me ____ copies of the PEOPLE'S YELLOW PAGES #2.

Enclosed is \$1.75 per copy (\$1.50 plus 25¢ for mailing.)

Name _____

Address _____

zip _____

When ordering books, please use an envelope to send your check and this form.

That which is just can harm no one. *Henry Genge* *The Land Question*

Bay Area Military Law Panel

197 Steiner (National Lawyers Guild), SF
863-5193

A collective which works to assure the necessary legal support to the GI movement and the GI community in the Bay Area. They want to bring together people working in military law for an exchange of ideas and to set up a reference library for all people handling military cases to use. In addition, the Panel has worked out a method of payment whereby the military person who needs legal help will be able to get it, regardless of their financial situation. The Panel is anxious to have more participation from Bay Area lawyers.

People's Law School

A free school with no tuition, no grades, no degrees, for people who want to learn basic legal defense and survival information. Classes in such areas as landlord/tenant rights, juvenile/high school law, welfare and unemployment law, women and the law, the legal system in America, etc. Contact one of the participating groups such as the National Lawyer's Guild, Haight-Ashbury Legal project, Aid to Criminal Defense, etc. for more information.

Berkeley Own Recognizance Project

2362 Bancroft Way, Berkeley 94704
548-2438

The Project helps get people released from jail, pending trial, on their own promise to appear in court. They operate only in the City of Berkeley. If someone you know has been arrested, contact their office between 8:30 am and 5 pm on weekdays.

Lawyer Referral Service

Bar Association of San Francisco
220 Montgomery Street, Room 483
391-6102

The Bar Association maintains this referral service as their effort to insure equal representation for people who need a lawyer and don't know one. In addition to clients who can afford normal fees but don't know a lawyer, they also help people whose incomes are too high to qualify for Neighborhood Legal Assistance but who still can not pay standard fees. All kinds of legal questions are considered. The referral secretary will get enough information from you to refer you to an appropriate lawyer. You'll pay \$10 for a half hour consultation with him (he turns this fee back to the Bar Association). They're working on broadening their services to better meet people's needs; however, all the work is done by private attorneys and generally they want some sort of fee. Still, they want to help people who can't afford the high cost of legal help, so you can give them a try.

Citizens Alert

776-9669

Maintains a 24-hour telephone to report police harassment. Callers are referred to an attorney who charges regular fees if the person wants to press charges.

Lawyers Committee for Urban Affairs

Room 528-220 Montgomery St., SF
989-9444

An organization with broad community support, they exist to enlist members of the legal profession to "help solve the problems of our urban areas." This means they are willing to help minority-owned businesses, non-profit self-help projects, and individual cases where a successful outcome may lead to significant law reform.

Own Recognizance (O.R.) Bail Project

Room 304, Hall of Justice, 850 Bryant St., SF
552-2202 or 552-2203

Tries to have defendants released from custody without bail while awaiting trial. Chances for release are based upon ties in the Bay Area such as family, community contacts and/or job, prior record (if any), and the written consent of the judge. Open every day, including holidays, 6:30am to 10pm.

SIR

Society for Individual Rights

83 Sixth Street, SF
781-1570

Maintains an emergency referral service for homosexuals arrested, usually, on soliciting charges. Their attorneys charge fees, but if you are unable to pay they will often take the case on its merit. SIR is interested in combatting the practice of entrapment, when the arrest for soliciting is made by a police officer who has made the first approach to the homosexual. Civil problems of male and female homosexuals, as well as draft questions, are referred to attorneys that they know, as well as to Neighborhood Legal Assistance, with whom SIR works closely.

West Oakland Legal Switchboard

2717 San Pablo Ave., Oakland
836-3013

24 hr. answering service providing the crucial legal assistance an arrested person must get on one permitted phone call. The protection of rights, especially those of low-income youth, is the main purpose of the group, often resulting in lowered bail or release from custody. Minority youngsters are involved in counseling other juveniles in trouble.

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TANCE MORE LEGAL

MORE LEGAL

San Francisco Neighborhood Legal Assistance

1095 Market St., SF
626-3811

This is the largest agency in the City for those unable to pay a lawyer. Eligibility is determined by income. Funded with State and OEO money, they are limited to working on civil matters. They are, however, set up to work with poor people on their problems in areas like consumer and tenant protection, civil rights, etc. Waiting lists may be a problem.

Neighborhood offices are:

Bayview-Hunters Point Office

1433 Mendel St. 822-8510

Central City Office

532 Natoma 626-5285

Chinatown-North Beach Office

755 Commercial St. 362-5630

Western Addition Office

721 Webster 567-2804

Mission Office

2701 Folsom 648-7580

Western Addition Youth Defense

2356 Pine, SF

563-3791

Works through the Youth Guidance Center to provide community alternatives to arrest and detention. Serves only people living in the Western Addition Community. A staff attorney handles cases for persons under 18, and counselors and recreational facilities are available.

National Lawyers Guild

558 Capp St., SF

863-5193

This office operates as a referral agency to help people find a lawyer when the legal problem is a political one. The referral service is free. They also help run the People's Law School.

Lawyer's Listening Post

East Oakland Development Center

8709 East 14th St., Oakland 94621

632-5432

Attorneys donate their services on Thurs. between 7 and 9 PM--free legal advice

Legal Aid Society of Marin County

710 "C" Street, San Rafael 94901

454-8085

Handles cases ranging from housing, domestic, and welfare cases to abortion and other civil matters. Open to Marin residents only.

Berkeley Neighborhood Legal Service

2229 4th St., Berkeley 94710

841-9274

An OEO program to represent low-income people in civil matters--welfare cases, divorces, consumer and landlord problems. To be eligible you must live in Berkeley and make less than \$300/mo. (if single). By appointment; call first.

Asian Legal Services

599 Jackson, SF

398-2213

Serves the Chinatown community in a wide range of cases, from criminal defense to immigration problems.



Libraries

Libraries are one way of cutting down consumerism as people can borrow books rather than having to buy them. Every city has a library -- the larger cities have many branches. San Francisco, as well as some other towns, has a traveling bookmobile. Generally, in order to get a library card, you must be able to prove that you live in the city in which the library is located. This can easily be done by presenting a rent or utility bill or a piece of mail addressed to you at your local address. As well as having lots of books, most libraries have phonograph records that can be checked out. Also, many libraries have films, lectures, and other events at various times and many have meeting rooms that community groups can use. Check in the phone book under the name of your city to find the library closest to you.



macramé

Norman Meunier

1545 Lincoln Way, SF 94122

681-4680

Macrame lessons at a nominal cost. Will trade services. Basic and advanced lessons available.

Andrea E. Tenser

499 Alabama St., #214, SF 94110

861-1021

Teaches crafts, mainly macrame and different ways of using the new dyes to produce anything from practical clothing to wall hangings. She teaches sometimes for free or barter, is generally open to negotiate

Massage

Mike Lewis

P.O. Box 31271, SF 94131

"I am a licensed masseur who has training in several different techniques, with a basically Esalen attitude towards massage. I consider massage to be a very special method of non-verbal communication, as well as a manner in which special things are done by and for special people. Charges are based upon ability to pay and I will accept things or services in lieu of money (which I often find preferable)."

Massage Instruction

George Downing and Anne Kent Rush, Berkeley
849-4621

Weekly classes as well as one-day and weekend workshops.

Co-op Massage

300 Bryant St., Palo Alto
328-9557

"Esalen and therapeutic massage by well-trained men and women in quiet attractive setting. \$12 per hour; discounts and trades available. Instruction available on weekly basis or through occasional workshops. Hours: M,W,F from 12 noon to 10 pm. Tuesday and Thursday from 10 am to 6 pm."

Polarity Massage

525-3252

An intensive therapeutic massage which reduces tension, realigns structure, balances energy, revitalizes organs and restores health. It integrates pressure point techniques from acupuncture with comprehensive theory of polarity and the flow of electromagnetic currents in the body. Includes exercises, diet and herbal healing. Treatments are around \$10. Consider trades.

Carl Klein

1651 9th Avenue, SF
564-4465

Gives a massage "with a sensitive touch, with awareness of internal vibrations." Foot massage is \$3.50, entire body \$6. Leave a message and he will return your call.

Y.E.S. (Yogurt Energy Stream)

499 Alabama St. (Project Artaud) SF 94110
431-8292

Massage, Hatha yoga, meditation, dance, and other free flow forms "in an environment that can bend as the individual does."

Body Energy and Movement

525-3252

A Workshop which helps you tune into your body, your breathing, your own way of being and moving. Gives you opportunity to contact tensions, mobilize energy, find inner stillness, explore feelings, fantasies, touching and being touched. Will include bio-energetic exercises, Gestalt and intensive massage techniques. 8 week groups and weekends.

Selah Chamberlain

Project Artaud, 499 Alabama, #220, SF
Massage (Swedish and Japanese style) reflexology, and rudimentary physical therapy. Complete massage, \$10 (for 1-1½ hour); local work \$5 (unless it takes an hour or longer, then might be a little more).



MEDIA

Jimbo Conlon

338 Carl St., SF 94117
665-0932

Videotape production/equipment maintenance. Videotape generation, from conception, using any existing technology. Recommendation, design and installation of a video facility. Maintenance and servicing of video equipment, especially ½" units. "If you are ready to get into video, call for suggestions. If you have a problem, call for an answer."

Charlie Wearth of Earth

574 Belvedere St., SF 94117
665-2762

Advanced media alternatives with a musical format to convey mass media messages, etc. He is offering two major public services for free--music and public information, such as co-op's, switchboards and referrals.

Zaz

338/340 Carl St., SF 94117
665-0932

Film and videotape production unit. A service group. Available to transform your idea into production requirements, and your requirements into 16 mm film or ½"/1" videotape, with soundtrack. "Profit isn't our main concern."

Committee for Open Media

c/o Phil Jacklin, Philosophy Dept.
San Jose State College, San Jose 95110
277-2875

"An alternative to corporation-to-people communication is people-to-people communication. We are trying to establish that kind of communication in the mass media. Free speech messages are potentially dynamite. We are providing an alternative to not having access to the media." Call or write for more info.

More Media

Johnny Videotape

95 30th Ave., #E, Santa Cruz 95060
408) 476-5871

closed-circuit video organizing campaigns, portable video hardware, video editing assistance, information/tactics on freeing community resources such as cable TV and video hardware. "Video is a low-cost, effective medium for social change creating the means of reaching special interest groups with informational or experiential alternatives."

Dehlo Video

40 Panoramic Hwy., Mill Valley 94941
88-5990

video production collective capable of producing 1" and 1/2" video tapes, and sound tapes. Mobile and studio facility, operating as a collaborative or service unit.

Catholic Diocesan Communications Center

100 Oak Street, 4th floor, SF 94102
64-3232

provides access to the local media outlets for individuals or groups involved in positive alternative projects and activities through the use of public service time. People with talent and skills or interest in radio, television, film, switchboards, and/or drama are needed. Almost all time is donated. They are attempting to use the media not for commercial profit, but to allow the positive alternatives developing in our culture a chance to be expressed.

San Francisco Women's Media Workshop

105 Diamond Street, SF 94114
82-1724 or 564-1711

These women have put together a number of tapes dealing with women's issues. See "Women".

Multi Media Resource Center

40 Jones St., Box 439, SF 94102
71-6300 (ask for Tes Welborn)

distributes well-made, accurate, and erotic materials on the subject of Human Sexuality, including those made by the National Sex Forum, to individuals and institutions engaged in education and therapy.

meeting space

San Francisco Public Library

Nearly every branch has at least one meeting room that any community group can use. Fill out a request form at your local library branch which you can locate by looking in the phone book. No admission fee or other money can be collected at any meeting you hold in the library and the meetings must be open to anyone who wants to come.

United Projects Building

330 Grove St., SF

864-9115

Free meeting space for groups that are doing something related to the community.

YWCA

620 Sutter St., SF

775-6500

A limited number of meeting rooms are available for rent at YWCA Centers when not in use for program. Reasonable fees. Related groups and agencies may request use of space for maintenance cost only.

Unitas

2700 Bancroft, Berkeley 94704

845-2727

Space available for rent by various groups. Rental fee is based on the group's ability to pay. Office space also available.

Berkeley Community YWCA

2134 Allston Way, Berkeley

848-1882

Will rent meeting space to community groups.

Mission Neighborhood Centers

362 Capp St., SF 94110 (Main Office)
2853400

Groups desiring to use space have to fill out a requisition form and be approved as a community group. No charge for public service groups.

Other locations are:

3013 24th St.

524 Presida

meeting people

getting involved in an activity that interests you is by far the best way to meet people. Take up scuba diving, join a pottery class, get involved in encounter or theatre groups, whatever turns you on. Many special interest groups already exist, operating out of churches, community centers, free universities, etc., but feel free to start your own. Bulletin boards in



laundromats, health food stores, stores, colleges et al are a good place to post notices and pick up information about what's going on. You can also meet people by volunteering with various organizations (many of the listings in this book would love such help), or by working for a cause you support. The main thing is to keep your eyes and ears open to what's going on.

Men's Liberation

San Francisco Women's Switchboard
771-8212, SF

Information about men's small groups and men's liberation publications.

Men's Switchboard

2700 Bancroft Way, Berkeley 94704 (for mail)
549-0649 (Berkeley Switchboard), 10-10 daily
"We would like to hear from men who want to join a men's group, who could facilitate the first one or two sessions of beginning groups, who are in groups now, and/or who want to organize a rap center and/or open forum on male consciousness raising...Printed material on male consciousness raising, male roles, and men's small groups is available at cost... We desperately need men willing to work a few hours a week on the switchboard: returning calls, helping organize new groups, compiling a bibliography on men's consciousness... leave your name and number, we will return your call.

San Jose Women's Center

Bldg. 2, 9th and San Carlos, SF
294-7265
Men's small groups every Tuesday evening at 8:00. All men welcome. No charge.

Brother

828 Coventry Road, Berkeley 94707
This paper is intended as a forum for men against sexism. Articles, poems, and pictures deal with men's feelings about women, other men, and the struggle they are going through or have gone through in trying to get rid of their sexist upbringing. Cost is 25¢ per issue and subscriptions are \$10 for institutions, \$3 regular, \$2 for students, unemployed, military, AWOLs, \$1 welfare, and free to prisoners.

Mental Health COUNTY PROGRAMS

San Francisco Community Mental Health

The law now states that people in need of mental health care should be treated locally, and whenever possible, without hospitalization. State hospital admissions have thus declined, and local programs have grown. San Francisco's community mental health services are county operated, and are divided into two basic segments: Mental Health Centers and Specialty Services.

Each Mental Health Center serves a district in the city having 75,000 to 200,000 people. Each is a system of mental health services with several locations within the district.

Each Mental Health Center provides five co-ordinated services: in-patient care, outpatient care, emergency services, partial hospitalization, and consultation and education.

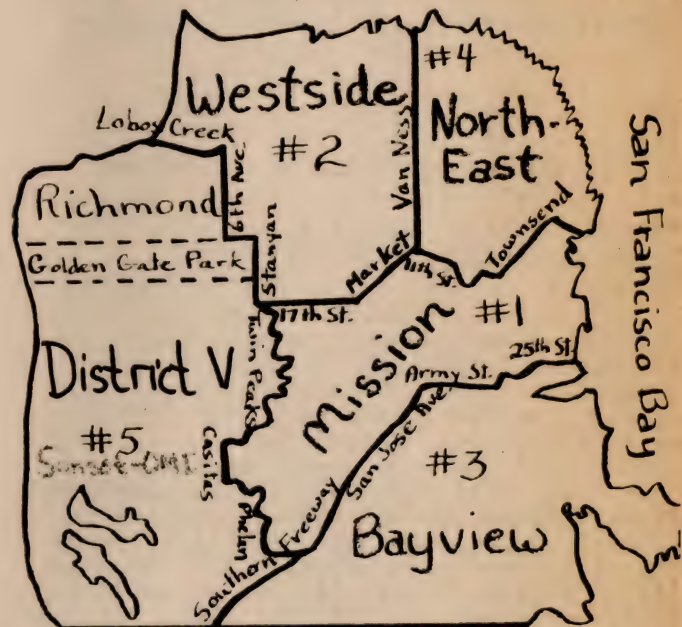
The Specialty Services operate over the entire city in cooperation with the five Centers, and various contract agencies. They deal with things like drug abuse, alcoholism, anti-social behavior, delinquency, mental illness in the aging, mental retardation.

We have tried to be as inclusive as possible in putting down information, but every problem is different. You should call the information number of each Center to find out if it is the one to help you.

In emergencies, call San Francisco General Hospital, 648-8200, Ext. 701, 24-hours a day.

Fees for services at the Community Mental Health Centers and the Specialty Service vary, generally according to ability to pay. No one will be turned away for lack of funds.

Map of Community Mental Health District in San Francisco



Mission Mental Health Center District #1

Weekdays: San Francisco General Hospital
995 Potrero Ave. - Bldg. 80
648-8200, Ext. 461
Nights & Weekends: S. F. General Hospital
2450 22nd St., - Bldg. 90
648-8200, Ext. 701

MENTAL

Westside Mental Health Center

District #2

Weekdays: Mt. Zion Hospital Crisis Clinic
1600 Divisadero (at Sutter)
567-6600, Ext. 631

Nights & Weekends: same

Bayview-Hunters Point Mental Health Center

District #3

Weekdays: 1525 Silver Ave., SF - 468-0456
Nights & Weekends: S.F. General Hospital
2450 - 22nd St. Bldg 90
648-8200 - Ext. 701

Northeast Mental Health Center

District #4

Weekdays: 1195 Bush St.
441-2221

Nights & Weekends: same

District V Mental Health Center

District #5

Richmond, weekdays: U.S. Public Health
Service Hospital
15th & Lake
752-1400, ext. 336

Richmond, nights & Weekends: same

Sunset-OMI, weekdays: Langley Porter
Neuropsychiatric Inst.
401 Parnassus
681-8080 or
Health Center #5
1351 24th Ave.
661-2013

Sunset-OMI, nights & Weekends: Langley
Porter

Some of the Specialty Services are:

The Center for Special Problems

2107 Van Ness (at Pacific) SF
558-4801

A unique public health program treating adults and adolescents with problems relating to alcoholism, drug abuse, and sexual identity. Offers individual, group, and family therapy; psychodrama; activity groups; detoxification for drug withdrawal; methadone maintenance program for "hard core" heroin addicts; consultation to agencies and schools; public information programs and referral to other agencies when appropriate. All San Francisco residents are eligible to apply to this psychiatric clinic for treatment and fees are charged according to ability to pay. Clinic hours are 8 - 5 Tuesday and Friday, and 8 - 9 Monday, Wednesday and Thursday. Applications (for which no appointments are necessary) are accepted between 9 - 11 a.m. and 2 - 4 p.m. Monday through Friday. The Center for Special Problems is a division of the City and County of San Francisco Community Mental Health Services, Department of Public Health.

Child Psychiatric Clinic

1500 Grove St., S.F.
558-3994

Referrals, evaluations, and direct treatment for children and parents...consultation to agencies.

Mental Retardation Program

942 Market St., S.F.
986-2853

Counseling, individual and group therapy, vocational rehabilitation, information and referral.

Psychiatric Clinic of Youth Guidance Center

375 Woodside Ave., S.F.
731-5740, ext. 366

Consultation, diagnosis, evaluation...individual, group, and family counseling and therapy...rehabilitative planning and training. Services offered at any level of involvement with the courts.

Geriatric Screening

800 Potrero Ave., S.F.
558-2656

Screening of referred people 65 or over alleged to have mental or behavioral disorders...referrals to agencies and to family members...placement, conservatorship, and consultation.

Alameda County Mental Health

Roughly analogous to the Community Mental Health Centers in San Francisco are the agencies in Alameda Co. that fall under the auspices of the Alameda Co. Health Care Services -- Mental Health Services. The fee system for all is on a sliding scale, with no one turned away for lack of funds. The following list gives vital statistics:

Highland Psychiatric Clinic

1411 E. 31st St., Oakland
534-8055, ext. 212

Out-patient therapy, counseling, etc. for Ala. Co. residents not from Berkeley or Albany.

Highland Psychiatric Emergency Services

1411 E. 31st St., Oakland
534-8055, Ext. 473

24 hr./day emergency psychiatric help. In addition to handling emergencies, they screen all admissions for Highland Hospital in-patient psychiatric care.

HEALTH

Child Development Service

400 30th St., Oakland
465-3414

Out-patient psychiatric clinic for children from anywhere in Alameda Co.

Mental Retardation Service

131 Estudillo, San Leandro
483-7520

Help for retarded adults and children throughout Alameda Co.

Fairmont Psychiatric Clinic

15400 Foothill Blvd., San Leandro
351-8000, ext. 461

Out-patient psychiatric clinic for adults and children living in San Leandro, San Lorenzo, Castro Valley and Hayward. Also crisis care.

Fairmont Day Treatment Service

15400 Foothill Blvd., San Leandro
351-8000, ext. 494

Out-patient treatment 5 days/wk from 9:30 to 3:00 for residents of San Leandro, San Lorenzo, Castro Valley and Hayward with psychiatric problems calling for more concentrated help.

Eden Mental Health Rehabilitation Service

15400 Foothill Blvd., San Leandro
351-8000, ext. 482

Therapy, counseling, recreational therapy. etc. on the premises and in patients' homes for people who have been recently hospitalized. Must be resident of San Leandro, San Lorenzo, Castro Valley or Hayward.

Fremont Psychiatric Clinic

4523 Eggers Dr., Fremont
793-5700

Out-patient psychiatric treatment for adults and children living in Fremont area.

Valley Mental Health Clinic

61 So. S Street, Livermore
443-0555

Out-patient psychiatric help for adults and children from Livermore area.

Herrick-Berkeley Community Mental Health Center

2001 Dwight Way, Berkeley 94704
845-0130

Contracts with County to run 24/hr. day Crisis Center for residents of Berkeley and Albany.

For more information about any of the above, or to make an appointment, call the appropriate number. In emergency cases, of course, drop in.

Marin County Mental Health

Mental health services run by the county are here, as elsewhere, provided on a sliding fee scale, according to the individual's ability to pay. In all cases except those where emergency care is rendered, you are asked to call first for an appointment.

Marin Community Mental Health Center

250 Bon Aire Rd., Greenbrae 94904
461-9100

Emergency service on 24 hr. basis...adult out-patient services (psychiatry, counseling, social service, etc.) M-F from 8:30-5...in-patient hospitalization...partial care on day treatment basis...out-patient alcoholic youth service...drug abuse services.

Children's Services of the Marin Community Mental Health Center

20 H Street, San Rafael, 94901
456-9350

Out-patient services for children up to 18 years of age.

Mental Retardation Services

1030 Sir Francis Drake Blvd., Kentfield
456-2184

Atypical Infant Development Program for children (infants to 3 yrs.) with suspected or diagnosed developmental problems...out-patient service for retarded or emotionally disturbed individuals and their parents.

Ross General Hospital

1150 Sir Francis Drake Blvd., Ross
453-7800

Emergency in-patient care and partial day treatment.

Ross Psychiatric Center

1125 Sir Francis Drake Blvd., Kentfield
453-3080

Contracts with County to provide out-patient services for adults on a sliding scale fee basis.

Marin Institute

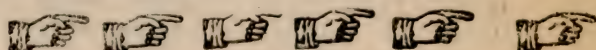
412 Red Hill Ave., San Anselmo
454-4832

Contracts with County to provide out-patient alcoholism services on sliding scale fee basis.

Santa Clara County Health Department

645 S. Bascom Ave., San Jose	286-5442
85 Notre Dame, San Jose	287-5890
270 Grant Ave., Palo Alto	321-2141
14195 Capri Dr., Los Gatos	379-7020
660 So. Fair Oaks, Sunnyvale	732-3720
80 Highland, San Martin	683-2683
650 W. 5th Street, Gilroy	842-7141
1989 McKee Road, San Jose	926-2900

Counseling, outpatient, hospitalization, and emergency treatment services are available. There is a 24 hour suicide crisis telephone service (287-2424) as well as drug abuse treatment services, methadone treatment programs, and an alcohol services center.



San Mateo Department of Public Health

The 4 district centers listed below offer crisis intervention services, walk-in, out-patient, and partial hospitalization services, special diagnostic services for children, mental health counseling, etc. All services are free. The centers request appointments by the person seeking help but they will see people who drop-in without appointments. The District Centers are:

North County- 45 Southgate, Daly City

873-1800 from 8 am-5 pm/873-1809 from 5 pm-8 am.

Serves residents of Daly City, Pacifica, South San Francisco, Colma, and Brisbane.

Central County- 3700 Edison, San Mateo

573-2918/ Chope 24 hour emergency- 573-2672

For residents of San Mateo, San Carlos, Belmont, and Half Moon Bay.

Peninsula Hospital- 1783 El Camino, Burlingame

697-4061 - 24 hour phone

For residents of San Bruno, Millbrae, Burlingame, and Hillsborough.

South County- Bldg. 105 C, Menlo VA Hospital,

799 Willow Rd., Menlo Park. 369-1441, ext. 4013

For residents of Redwood City, Atherton, Menlo Park, East Palo Alto.

OTHER PROGRAMS

Recovery, Inc.

1051 Taylor (Grace Cathedral), S.F. 776-5122

Group of people with psychiatric problems. Meets Mon. nights at 7:30 to hear speakers who try to help them work out their insecurities, etc. Afterwards, there's a question period. No fee. Meetings open to anyone needing help.



Haight-Ashbury Free Medical Clinic: Psychological Services Annex

409 Clayton, SF 94117

621-8259

This is a place where anyone can get free psychological care. The volunteer staff of psychiatrists, psychologists, social workers, etc. provides individual therapy and group counseling. To participate, they ask that you come in, fill out a form, and make an appointment, although appointments will be made by telephone when necessary. No one is turned away and there is someone on hand to deal with emergencies. Open from noon to 9 pm, M-F.

Langley Porter Neuropsychiatric Institute 401 Parnassus, S.F. 94122

"Various types of psychiatric out-patient and in-patient services for children and adults. A fee for service determination is assessed on the basis of income and acknowledged approved living expenses." Call for more information.

Herrick-Berkeley Community Mental Health Center

2001 Dwight Way, Berkeley 94704

845-0130

In addition to the Crisis Center they run for the County, this agency also offers out-patient treatment for adults and children. To make an appointment, call this number and ask for the Adult Clinic or the Youth and Children's Service. Fees on sliding scale. They serve only Albany and Berkeley.

Berkeley R.A.P. Center

2339 Durant, Berkeley

548-2570

Located in the Berkeley Free Clinic, this Center offers contact raps (open, drop-in groups for anyone), "heavy" raps (closed groups meeting weekly with a leader), and one-to-one counseling. Wednesday is Women's Night and Thursday night at 7:30 is Community Meeting, to which all connected with R.A.P. Center are welcome. No fee and general hours are Mon-Fri, 7:30 p.m. to 10 p.m.

People's Program

5316 Telegraph Ave., Oakland

665-0728 or 658-4457

A mental health program for people who have been institutionalized due to emotional problems. Planned activities and recreational programs--classes in guitar, candle making, macrame, pottery, sewing, and singing. A meal is served at 5:30 with general recreation until 7:30 followed by a community meeting. All activities are free. Funded by the Southern Baptist Convention.

The Phoenix Center

2483 Almond Street, Concord, 94520

825-1317

Social-recreational program including field trips, weekend activities, and a variety of educational and tutorial projects. Also a day program with problem solving groups, on-going individual counseling, family counseling, a drop-in rap service, and extensive social and living skill instruction. Clientele includes people who are physically handicapped, mentally retarded or emotionally disturbed.

Crisis Line

236-1616, San Pablo

The purpose of the Crisis Line is to be an anonymous ear for people who want to talk to someone who cares. They will deal with suicide and other problems and have a complete file for referrals. Open every day from 2 pm to 2 am.

Stanbaugh House

142 Stanbaugh, Redwood City

364-4900

A drop-in center for Redwood City residents. Crisis intervention as well as long term counseling. Open weekdays from 1-4 pm.

MILITARY



Old soldiers
never die.
Young ones
do. -graffiti

Resistance Draft Counseling

424 Lytton Ave., Palo Alto 94301
327-3108

Draft counseling M-F, 1-5. Military counseling
Thursday evenings, 5-8. Military counseling
includes counseling A.W.O.L.s, letting people
know their military rights, and counseling
military people about how to get discharges.

Pacific Counseling Service

1733 Jefferson St., Oakland 94612
836-1039

Military counseling. They help men who are AWOL
find some resolution for their status. Medical
and legal referrals.

MOVIES

Before you pay full price at a first run
movie house, give them a call and ask about
discounts. Many houses lower their prices
at off-peak hours, and if you can make it
then, you can get to see the same film for
 $\frac{1}{2}$ or $\frac{1}{3}$ the full price. For example, the
Cannery Cinema charges \$1 for 4 PM on Wed-
nesdays and Saturdays. The Ghirardelli
Cinema charges \$1 between 1 and 2 PM; \$2
between 2 and 5 PM; and \$3 later on. (But
no discounts apply on Sundays and holi-
days). Others do the same, so if there's
a particular film you want to see, call
the theatre first. If they don't discount
at off-peak hours, ask to speak to the
manager, and ask him why not.

Haight Ashbury Free Movies

All Saints Church - 1350 Waller, SF
Free movies every Tuesday night at 8:00. Old
feature films, documentaries, etc. Child care
provided.

Western Addition People's Films

Free people's films shown every Saturday
at Alternative Futures Community Center,
2012 Pine St., SF at 8 pm.

Laney College Forum

10th & Fallon Sts., Oakland.
834-5740

Free Films in a Spring Series and a Fall
Series every Thursday evening. Two shows
7 and 9:15.

Merrit College

12500 Campus Drive, Oakland
Friday night film series, 7 PM, free.

The Adult Services Office of the San Fran-
cisco Public Library is developing a col-
lection of films to be used in branch li-
braries. The system has four 16 mm projec-
tors for use in the 27 branch libraries,
and limitations on space and staff as well.
Nonetheless, there are several branches
which regularly show free movies. Other
branches can and will initiate programs,
provided there is enough community interest.
Pick up a copy of the monthly calendar at
the circulation desk. These are some of
the branches which are now showing free
movies:

Eureka Valley Branch
3555 - 16th St. 558-4831
Excelsior Branch
4400 Mission St. 558-4798
Presidio Branch
3150 Sacramento St. 558-3359
Richmond Branch
351 - 9th Ave. 558-3393

Filmmakers note that libraries are very
open to showing the work of local film-
makers. Ask at your local branch, or if
it's too much for them to handle locally,
ask at the main branch, Art and Music
Department, or Adult Services.

Nickelodeon (O'Farrell Theater)

Polk and O'Farrell, SF
776-6686

During the daytime, this is a porny
theater but on Tuesday and Wednesday even-
ings at midnight they show a variety of
old films including Disney, Bogart, etc.
Cost is 5¢. You must buy your ticket on
the day of the performance (anytime after
9 am) and they sell out very early.

Intersection

756 Union, SF
397-6061

Sundays at 8 and 10 pm they show old
films including W.C. Fields, Laurel and
Hardy, Buster Keaton, etc. They ask for
a \$1 donation. Stop by to pick up a
program.



and more MOVIES

Pacific Film Archive

2621 Durant Ave., Berkeley
642-1412

Part of the U.C. Art Museum, films are shown 7 days a week. Tickets go on sale at 6 PM; shows are at 7:30 and 9:30, and there's a different film every night. The theatre seats only 200, so if there's something you especially want to see.... Wednesdays are generally reserved for showing the works of independent film makers. Admission is 75¢

Sausalito Youth Center

Central School, Main Auditorium
Caledonia & Litho Sts., Sausalito
332-3380

Friday night film series, 8 PM. 25¢ for members; 50-75¢ for non-members.

San Francisco Museum of Art

Van Ness and McAllister
863-8800

Tuesday and Friday at 7:30 PM. \$1.00

Oakland Museum

1000 Oak St., Oakland
273-3401

Wednesday night film series. \$1.50 general admission; \$1 for members, students, seniors.

Committee on Arts & Lectures

U.C. Medical Center

500 Parnassus, SF
666-2019

Friday night movies during the UC quarter. \$1 general adm.; 75¢ for UCSF students.

Committee for Arts & Lectures

U.C. Berkeley

155 Dwinelle Hall, Berkeley
642-0212

Thursday night film series at 7:30 and 9:30 showing newer European, Asian and Third World films. Shown during UC quarter. \$1.25

Times Theatre

Stockton at Broadway
362-3770

A wide range of old films for 99¢--art films, science fiction, films geared for children on weekends, sometimes films that are only six months old. Pick up their schedule.

Film Fair

732 Chenery St., SF
586-7748

Weekend movies at 7:30 in two rooms of a private residence which have been converted into an auditorium and soundproof projection booth. Admission is \$2. Send for their schedule.

Fether's Point at the Cento Cedar

38 Cedar Alley, S.F.

776-8300

The old 18th St. Fether's Point moved to what used to be the Cento Cedar. An international repertory going from the present to back when films began. Week nights, \$2.00, weekends, \$2.50, with holders of old membership cards getting a 25¢ discount. Good free coffee.

Avenue Photoplay Society

2650 San Bruno Ave., SF

468-2636

Silent films every Friday night accompanied by Wurlitzer pipe organ. Theatre opens at 7:30; a ½ hour organ concert begins at 8; and the film begins at 8:30. Adm. \$2.00

Under the auspices of the Society, several individuals show regularly scheduled films in German, Greek, Italian and Arabic with no subtitles. Call for a schedule. Adm. \$2

Nocturnal Dream Show

Palace Theatre - Columbus & Powell, SF
861-4396

Generally two live shows (The Cockettes) and two movies a month on Friday and Saturday nights at midnight. Admission is \$2.50.

MOVING

Tinker Women

132 South Park, SF

986-7291 or 387-0884

Moving, hauling, painting (signs & walls) wall papering, office work, research, tutoring. All unskilled odd jobs. Prices start about \$2.50 per hour, but are negotiable.

Keep On Truckin' Company

387-2009

Joel and his friends have a pick-up and a van and will move furniture, clean out basements and attics, haul garbage, weed your garden, etc. Prices flexible and fair. If you can't pay cash barter arrangements are possible. Not much advance notice necessary.

78



Shining Star Movers

282-8738, if no answer call 626-7816

Mark and his friends will move your furniture, paint, clean basements and attics, haul garbage, and do just about anything else that you need help with at fair, reasonable prices. Reduced prices for welfare mothers and community service organizations. Not much notice needed.

Red Sea Movers

Ed Katz

548-7800

An easy crossing...large and small moving jobs...they have a 14 foot truck, dollie and pads, etc. Prices are negotiable. Taxi Unlimited takes their calls, so leave your message and they'll call you back.

MUSEUMS

Art museums and galleries are open to the public and, except for special shows, are free. Here is a list of some Bay Area museums:

S.F. Museum of Art

Van Ness & McAllister, S.F.

863-8800

Open Tues-Fri 10-10, Sat 10-5, Sun 1-5.

M.H. deYoung Memorial Museum

Golden Gate Park, S.F.

558-4374

Open daily 10-5.

California Palace of the Legion of Honor

34th Ave. & Clement, S.F.

548-4441

Open Tues-Sat, 10-4.

Oakland Museum

10th & Oak Sts., Oakland

273-3401

Open Tues-Sun 12-5 and Fri 10-10.

University Art Museum

2626 Bancroft Way, Berkeley

642-0808

Open Wed-Sun, 11-5.

Richmond Art Center

Civic Center at Barrett Ave., Richmond

234-2397

Open Mon-Fri 10-4:30, Sat & Sun 12-4:30.

Cal. State College at Hayward Art Gallery

2800 Hilary St., Hayward

884-3299

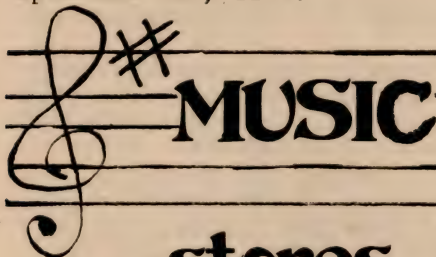
Open Mon-Fri 12-5.

Josephine D. Randall Junior Museum

199 Museum Way (off Roosevelt Way), SF 94114

863-1399

"The Museum's hope is to awaken and expand the interest and imagination of children in the life and the world around them." The Museum includes a large live animal collection, a general wood working and metal shop, ceramics room, weaving room, lapidary, seismograph, chemistry, and biology labs. Classes are held for people ages 9-21 in such things as ceramics, caring for animals, marine biology, industrial arts, etc. Registration takes place 4 times a year and there is a nominal materials charge. Some scholarships are available to cover the materials charge. Hours are 10-5 Tues.-Sat. and 12-5 on Sun. during the non-summer months of the year and 10-5 M-F and 12-5, Sun. during summer.



stores

SF Conservatory of Music Swap Shop

1201 Ortega, SF 94122

New and used sheet music - some of it dating back nearly 100 years. Most sell for 25¢ per unit although some are higher. Also, used instruments for sale. Instruments are taken on consignment with the shop asking a 10% handling fee. The shop is open MWF from 1-5 and Saturday from 10-1.

Dr. Flash Music Supply

2518 A Durant, Berkeley

848-2014

Started with capital from Leopold's Records, this music supply store operates under the same decision-making policies. Musical instruments and sheet music are sold here.

Kat and Mouse Music

4107 24th Street (near Castro), SF

826-8717

Founded on the owner's belief in offering high quality at fair prices, each instrument, regardless of price, is hand-picked and backed by their warranty. They carry many different lines and are the exclusive SF dealers for Traynor amplifiers. Anything not in stock will be gladly and quickly ordered. They stock books, harps, strings, etc., offer low-priced lessons (guitar, bass, flute, recorder), and do repairs. Open M-F, 12:30-8:30 and Saturdays from 10-6.

Igor's Boogie

2518 A Durant, Berkeley

848-2016

Another off-shoot of Leopold's Records... stereo supplies...profits are used for store improvements and go back into the community.

More Music...

The People's Art and Music Store
1375 Ninth Ave., SF
564-6781

A pleasant music store and art gallery. Sells, repairs, restores stringed instruments and flutes, and they're getting into eastern instruments. They also act as an information station for musicians; assist aspiring instrument makers (and hope to start some workshops in the fall); teach guitar, banjo, flute, recorder; and provide assistance in music for benefits. Ask about benefit backyard concerts. "This is a way for us to live and support ourselves without working in war technology, without driving a car, and at the same time supporting Art and Music."

lessons



Community Music Center.
544 Capp St., SF
647-6015

A non-profit (UBAC funded) music school with no entrance requirements where you can get private instruction on instruments, class instruction in theory, modern dance, etc. and lots of other programs. Main emphasis is to provide lessons for "students of limited means", but nobody is turned away. Call for an interview with the Registrar. Fees are based on income.

Ali Akbar College of Music
P. O. Box 956, San Rafael 94901
924-1530

A school of Indian classical music. "Music is one of the most spiritual disciplines, and Indian classical music is one of the most spiritual of musics."

United Projects Building Workshops
330 Grove St., SF 94102

Workshops in drums, woodwind, Afro-dance, modern dance...open to anyone...free of charge... call to find out the times, etc.

Glen Woodruff
122 Ross St., San Rafael
456-7501

Solo pianist & theory teacher. Play ragtime, be-bop, swing, blues (sings), progressive music improvised. Can play for many hours for you. Have a jazz group as well. Also, piano tuning and minor repairs. "I am a professional fine tuner, apprenticed in the old method without machine." Tuning is \$17.50.

Blue Bear Waltzes School of Genuine Music
2403 Ocean Ave., SF 94127
334-5704

A growing community of musicians which provides "music instruction and a musical environment oriented towards group play, interaction and self expression." Work is done with instructors, both in group session and individually. Beginners receive ten hours of instruction each month (\$25 per month). Advanced musicians receive ten hours of instruction weekly (\$40 per month). A non-profit organization; staff members receive a subsistence stipend.

Sylvia Pippen
648-8454

Flute lessons, improvisation, technique, classical studies and literature, having fun with your instrument. \$5 for an hour lesson.

Randy Craig
707 1/2 San Bruno Ave., SF
285-5786

Lessons on Piano, Guitar, Strings. Understanding, listening, appreciating music as applied to the instrument.

Richard Pfeffer
2638 Woolsey, Berkeley
845-8190

People's bass teacher..."I can teach electric bass to beginning and 'intermediate' learners. I need money so I must charge something but it's negotiable."

New York Recorder Workshop
102 College Ave., SF (off 3900 Mission)
333-3767

Directed by Peter Ehrlich, the Workshop would like to get performing groups together, with recorders, viola da gamba, and other Renaissance instruments. They are looking for people who play the various instruments of the period. Also, lessons on recorder and flutes, mostly for the old music, as well as some rock improvisation. Beginners, intermediate and advanced.

SF Free Theatre
165 Grove St., SF
558-2335 (ask for Charles Mills)
Classes and workshops in music theory, vocal, instrumental, and music improvisational theatre. Performances as announced and we are available for outside gigs.

Mylos Sonka
233 Collingwood St., SF
864-6696

Guitar teacher--country fiddle. Lessons are oriented around the interests of the student. The fee is \$3.50 for a half hour and \$6 for an hour (classes tend to run a good deal longer). Price is negotiable but considered reasonable.

performing

Third World Original Music Band

387-3852 (Elwood Jones), SF

Made up of 10 Black, White, Chicano, Indian, and Filipino people, this band plays its own kind of sound which includes blues, jazz, etc. They do benefit performances but not for more than an hour at a time and they want to get some publicity coverage from the benefit.

Intersection

756 Union, SF 94133

397-6061

Lots of things are happening at Intersection including the following, all of which are held at the Intersection Coffeehouse at the above address:

Intersection Late Night Set...free accoustical music of all kinds from 11 pm-1 am every Friday and Saturday...Musicians are invited to call Natalie at the above number for further information.

Our Sisters' Songbook...a weekly series of songs by women only...performances are free and open to all...women interested in performing can call Natalie at the above number.

Open Mike...one night a week will be used as an open mike night.

Saturday Jam...Every Saturday from 7-8:30 pm...free.

San Francisco Folk Music Club

885 Clayton, SF

661-2217

An every-other-Friday night gathering of folks for the purpose of sharing home-grown music. Publishes The Folknik, a newsletter of folk-musical information in the Bay Area. Meetings are at 8:30 and the group also does a live program of folk music Fri. nights from 11-1 on KPFA. Membership is \$2. If you need a folk musician, contact them.

Peninsula Folk Music Club

Jean 591-9579 or Judy 593-8011, ext. 56.

A group which meets the first Friday of every month to enjoy folk music together. They meet at Burton Park (Cedar St. between Brittan and Arroyo) in San Carlos. Membership is \$2 per year and includes a newsletter.

Marin Folk Music Club

Terry 924-9486

A group which meets to share folk music--singing, playing, listening. They meet every other Fri. night at 8:30. Yearly membership is \$2.

Crazy Tom Steele

681-4902

Free music for benefits, happenings, parties, etc. Donations accepted gratefully but not mentioned. Much of the time a solo act, but sometimes a whole group. "A focal point of energy thru extreme devotion of a growing strong artist to change the underlying money control of young peoples music."

Blue Bear Waltzes School of Genuine Mus

2403 Ocean Ave., SF 94127

334-5704

A repetoire company comprised of B.B.W. musicians is available for public performance and community entertainment.



Native Americans

Wailaki Wildlife Project

SF Ecology Center
13 Columbus, SF
94111

398-8948

Traditional American Indians trying to preserve their culture by preserving natural

land forms and indigenous wildlife to which their culture is attached.

The American Indian Directory of California
c/o Human Rights Commission, 1095 Market, SF
558-4901

Published by the Native American Advisory Committee to the SF Human Rights Commission in cooperation with the Bay Area Native American Council and other organizations, this is a directory of California wide Native American organizations. It includes listings for where Native Americans can get educational, legal, and employment help, etc. Call the Human Rights Commission to find out where you can get a free copy.

Indian Center of San Jose

90 So. 2nd, San Jose 95113

292-5440

Serving Indians in the Bay Area, particularly those in Santa Clara County...referrals for housing, jobs, etc...Indian art class and Indian dance class...speakers bureau...tutoring for elementary and junior high schoolers...holiday dinners for relocated Indian students...monthly Indian dances...visitation program for Indians at Soledad prison. No fees charged but in-kind donations accepted...open 9-5:30 M-F.





CONT.....

Friendship House for American Indians

1340 Golden Gate Ave., SF

922-3866

Counseling for American Indians...referrals...
emergency housing...halfway house for alcoholic
men.

Inter-Tribal Friendship House

523 East 14th Street, Oakland 94606

452-1235

Recreation and meeting center for Ameri-
can Indians, with activities such as din-
ners, get-togethers, and a basketball
team. There is a Youth Night on Wed. at
6:30, beginning with dinner at 50¢ a
plate.

American Indian Center

225 Valencia, SF

552-1070/ 552-1071/ 552-1072

For American Indian people of all ages...all
kinds of referrals...free clothes, free surplus
foods...tutorial program for children...art program
for children and adults...\$3 a year membership but
you don't have to be a member to participate...
open 9-5:30 plus some nights, depending on what's
going on.

NEWSPAPERS

New Morning

P.O. Box 531, Berkeley 94701

Published by the New Morning Collective the
first of every month. This is a free Berkeley
community newspaper. Subscriptions are \$5 for
6 months and \$9 for 12 months. The paper is
available free at various shops in Berkeley.

Freedom News

P.O. Box 1087, Richmond 94802

524-1089

One of the best newspapers in this area...news
of what's happening in the East Bay in the
schools, with women, politically, etc...this
paper is between a regular paper and an under-
ground paper but definitely leaning way left...
good interviews...calendar of events...list
of lifelines (good numbers to know about)...
35¢ per copy, \$3.50 per year (monthly paper).

San Francisco Bay Guardian

1070 Bryant, SF 94103

861-9600

An independent San Francisco paper that
raises questions and issues in an attempt to
get the politicians and policy-makers to act in
the public interest...in-depth articles on
media monopolies, land development schemes,
etc....sponsors of The Public Journalism
Project which takes on volunteers as inves-
tigative reporters to research the structure of
power in San Francisco, the economics and
politics of Manhattanization in San Francisco,
etc. People who are interested in this pro-
gram should contact the Guardian for further
information.

San Francisco Progress

851 Howard St., SF

982-8033

Although not an underground or movement paper by
any means, the Progress has lots of information
about what's happening in San Francisco, especial-
ly in terms of classes, workshops, films, etc.
The paper is delivered throughout the city every
Wednesday and Friday. Attempts to collect the
50¢ per month for home delivery are rarely if
ever made. If it isn't delivered to your place,
look in front of apartment buildings, etc. for a
copy, since almost two hundred thousand are dis-
tributed free. Look through it, remembering that
even the sections that look like they only con-
tain grocery store ads are full of little arti-
cles about services being offered, programs,
classes, etc.

Good Times

2377 Bush St., SF

922-9981

San Francisco's mellow underground bi-weekly pa-
per...25¢ worth of good news...well done and
good to read.

The San Francisco Fault

851 Folsom, SF 94109

956-3070

A new San Francisco bi-weekly newspaper which
reviews art shows, theater, film, music, books,
and just about everything else it likes or dis-
likes. Towards the back it contains lists of
cultural events in the Bay Area which seems
quite up to date and complete.

The Potrero View

284 Connecticut Street, SF

626-8675

A newspaper for the Potrero Hill area of SF.
Individual copies are free. Delivered sub-
scriptions are \$2.50 per year.

The Night Times

P.O. Box 4394, Berkeley 94705

548-6003

Billed as "the Bay Area's only enter-
tainment newspaper," this bi-weekly pub-
lication runs it all down, from grand
opera to grand funk, with complete list-
ings of the less commercial cinemas, and
reviews of main-stream and underground
happenings. 25¢ on the stands, sub-
scriptions \$7.50/yr.



Nutrition

Nutrition Action Group

3414 22nd St., SF

285-6479

"We need help in providing information on nu-
trition to the people, especially pregnant wo-
men. We also hope to increase awareness as to
the politics behind nutrition in our society.
We need people who are prepared to do some-
thing. Weekly meetings at 7 pm Wednesdays."

ORGANIZERS

Laura Tow
1411 Arch St., Berkeley
548-9887

A long time Bay Area resident, active in community. Experienced organizer/woman Friday. The more complex the job the better. Benefits, research, etc. Fees flexible.

Unitas
2700 Bancroft, Berkeley 94704
845-2727

Ecumenical Campus Ministry...offices for such groups as the League of Academic Women and people studying the educational needs of the Black community. Also houses the Women's Coffee House on Thursday nights at 7:30. Meeting space is available for other groups to rent. Open 9-5, M-F.

Berkeley Coalition
1708 B Grove St., Berkeley 94709
848-4084

A political organization that ranges from left liberal to radical. They support electoral campaigns and issues that they approve of. They are working strongly for local ownership of PG & E, for rent control, etc. Anyone is welcome to work with them. The Coalition can also give people some idea of what's happening in Berkeley. The office is open from 10-3, M-F.

Oceanview Committee
1610 Sixth St., Berkeley 94710
524-3918

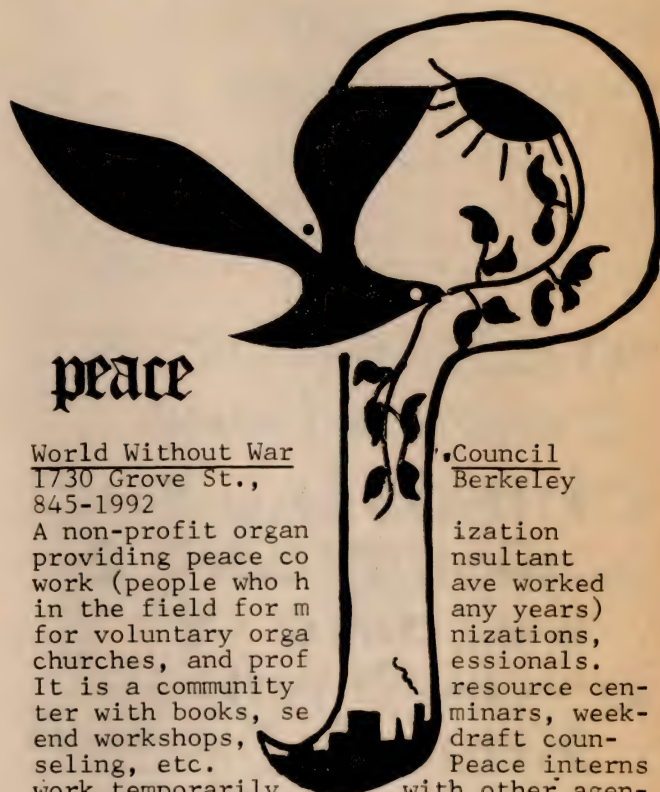
A group of people residing in West Berk. in an area that has been proposed for an industrial park. They came together to get the Berkeley Re-Development Agency to change its plans. They have been working two years and have developed an alternative plan. They want new homes built, but not high rises--they feel the homes should conform to the pattern of the surrounding neighborhood.

Info Center - East Palo Alto
1671 Bay Road, East Palo Alto 94303
322-1816

Community Action Agency for East Bayshore, East Palo Alto, and East Menlo Park. They try to get people together to form groups to deal with problems in the community. They try to put pressure on agencies to meet the needs on the community. They hope to set up a printing center from which they can disseminate information.

Center for Social Change
2864 Telegraph Ave., Oakland
465-1571

A group which works within the white community for social change--getting people to take responsibility for changing institutions in regard to racism and sexism, etc. Seminars are designed which use primarily small group process in a very informal atmosphere.



peace

World Without War
1730 Grove St.,
845-1992

A non-profit organ providing peace co work (people who h in the field for m for voluntary orga churches, and prof It is a community ter with books, se end workshops, seling, etc. work temporarily cies. Privately funded.

Council
Berkeley

ization nsultant ave worked any years) nizations, essional. resource cen- minars, week- draft coun- Peace interns with other agencies

Vietnam Veterans Against the War
P.O. Box 151, SF 94117
(1380 Howard St., 2nd Floor)
861-7700

The Vets and their supporters meet the first and third Mondays of every month to plan programs and actions aimed at ending the war and creating the new society.

Peace Union-Dove Store
424 Lytton, Palo Alto
325-3765

Peace organization headquarters; literature, draft counseling. Handcraft store is staffed by volunteers. All store profits to to peace movement.

Peace Brigade
2400 Ridge Road, Berkeley 94709
843-4727

Working for non-violence as a way of life and as a guide to political action. This may take the form of the women's movement gardening, tax resistance, etc.

more peace

San Jose Peace Center
872 E. Santa Clara St., San Jose
297-2299

Draft counseling for those who want C.O.'s, deferments, etc...military counseling and referrals... have lots of literature available on the draft, peace, current peace movements, etc. Most literature is free with a few books and jewelry sold at cost...speakers available...1/2 hour radio program on a local station weekly...open 10-4, M-F and 10-1 on Saturdays.

Institute for the Study of Non-Violence
Box 1001, Palo Alto, Calif. 94302
(415) 321-8382

Does weekend and longer workshops on the subject of non-violence in a country setting. They also do research, prepare literature, have a library of films and tapes, and travel to speak with schools and help organize projects. Write for brochure/literature.

**"MAN IS NOT A
TOWN WHERE
THINGS LIVE BUT
A WORRY AND A
WEEPING OF
UNUSED WINGS"**
Kenneth Patchen

PERSONAL

Radical Psychiatry
2338 Webster Ave., Berkeley
848-9730

A community of 50-60 people run a free psychiatric clinic, using mostly transactional analysis in groups.

Association for Humanistic Psychology
416 Hoffman St., SF 94114 282-5368

An organization of people "working toward the best possibilities inherent in man,... encouraging innovation in education, psychology and individual experience." Membership dues of \$29 a year (\$19 for students and retired) entitles members to: a monthly newsletter; a Journal of Humanistic Psychology twice a year; specialized information (i.e. school lists, growth center lists, book and film lists, etc.); attendance at local monthly meetings.

War Resisters League - West
833 Haight St., SF 94117
626-6976

"WRL is a 50 year old pacifist organization that believes in Ghandhian nonviolence as a way of bringing an end to war, racism, and human exploitation. At the present time we are heavily involved in the Vietnam War, but we always stress the notion of creating alternate institutions to replace or make obsolete the institutions of militarism. We offer draft resistance counseling, war tax refusal counseling, seminars on non-violence, and community speakers. We also carry books relating to nonviolence and social change.

Mankind
833 Haight St., SF 94117
431-8771

Mankind gives sessions on non-violence and related topics. They offer a mountain retreat for different movement groups to use for conferences, etc. They also do tax counseling for those people who are interested in war tax resistance i.e. telephone tax or income tax.

GROWTH

Gestalt Institute for Multiple Psychotherapy
3627 Sacramento Street, SF 94118
567-7969

A non-profit gestalt community offering drop-in sessions on Tuesdays from 12 noon to 11 pm at a cost of \$3 and on-going sessions on Thurs. for \$6. They also offer weekend workshops and a live-in residence program. They hope to start offering soon a women's group.

The Core Center
Eric Meller and Jane Kaplan
2345 Cabrillo, #3, SF 94121
221-2047

Growth workshops using the core approach to group facilitation. "This is an eclectic approach which draws from Gestalt, T.A., conjoint family therapy, and fantasy and symbolic realization among other tools. The emphasis is on reliving primary experiences. We work with one person at a time within the group setting and follow the energy of the person working. We also work with individuals, couples, families, and children." \$3 per person for an evening group; about \$20 for weekends (food included). Barter is possible.

San Francisco Psychotherapy and Psychodrama Institute

365 14th Ave., SF
752-6249

Groups for young people (16-20) and adults. Training for professionals.



PERSONAL

GROWTH

Gestalt Institute of San Francisco

1719 Union, SF 94123

776-4500

Primarily offers a training program for professionals at a cost of \$300 per quarter. Secondly, they offer workshops, generally on weekends, open to the public. Cost varies. More information available on request.

Psychosynthesis Institute

150 Doherty Way, Redwood City 94062

365-7941

Workshops, ongoing programs, and individual work in psychosynthesis - an approach which leads to the harmonization of the whole person around the Transpersonal Self. Write for their free calendar of events and list of publications.

San Francisco Counseling Center

1902 Webster, SF

922-1259

Groups for individuals and couples. \$50 per month.

Esalen Institute

1776 Union, SF

771-1710

A veritable feast of programs concerning encounter, psychosynthesis, transpersonal psychology, etc. Lecture series in the City. Write for their catalog; it's worthwhile. Although their prices are high, they offer scholarships, student rates, and volunteer work in exchange for programs. The San Francisco office is open for people to drop in and it has a well-stocked bookstore.

Personal Exploration Groups - PEG

Stiles Hall, 2400 Bancroft Way, Berkeley

841-6013

Runs many groups inexpensively, \$18 for ten sessions for students; \$25 for non-students. Groups are timed to the UC quarter system. Leadership training is available to those participating in the groups. Couples groups and teachers groups are held.

EST

1111 Kearney St., SF 94133

398-5045

EST is a training course. It is not an educational or learning process and there is no discipline to follow. What the training is about is becoming aware of the part of yourself that you already suspect exists and haven't yet realized. The purpose of the training is aliveness.

Psychodrama Workshop

1001 Forest Ave., Palo Alto 94301

328-6137

"The Psychodrama Workshop offers, at low prices, a wide variety of experiences designed to encourage personal growth and human contact." They have activities of all kinds including weekly groups, women's groups, teenage groups, psychodrama, marathons, hatha yoga, "Becoming a Mother", etc. A limited number of partial scholarships are available.

The Institute for Growth

3629 Sacramento, SF

563-7988

Individuals and couples workshops. Drop-in times on Tuesdays and Thursdays. Open to bartering.

Humanist Institute

1430 Masonic, SF

626-0544

Special emphasis on the inter-relationship of personal and spiritual growth. Ongoing groups focused on encounter, meditation, dreams, inner-imagery, journals, art, health, etc. Also, graduate programs in humanistic education and training for group facilitation. Cost is \$65 for 11 sessions and \$30 for 5 sessions for the introductory sessions. There is a reduced fee for full time participants. They also will facilitate weddings and ceremonies.

Intersection Growth Workshops

1925 Stuart, Berkeley 94703

549-3801 (9-11 AM)

A wide variety of weekend workshops, including Bioenergetics, Gestalt, Psychosynthesis, massage, as well as self-awareness through the various art forms. They are held either in Mendocino or the Santa Cruz Mountains in beautiful natural surroundings with swimming and miles of hiking trails. The food is good and the atmosphere simple and caring. Several workshops are given on the same weekend. "We provide the highest quality of leadership at lowest possible cost (\$35). Work scholarships are often available and sometimes trading."

PETS



*Klayman's
chicken*

Pets Unlimited, Inc.
3170 Sacramento, SF
931-2580

Incredibly pressured by the pet population explosion, Pets Unlimited is an adoption agency. People who have to give up a pet for whatever reason have been able to take it there and for a \$5 fee be assured that it will not be euthanized. Pets Unlimited is a good place to go to adopt a cat or dog. However, they're booked months in advance, so you won't be able to take your animal (or her litter) there. They're simply swamped. They're not even taking bookings. To ease their situation, spread the word, and get your new pet from them.

Pets and Pals

6145 Estates Dr., Oakland 94611 339-2788 or

658-6027

831 North El Camino, San Mateo 347-0512

These people run a "Planned Parenthood for Pets" program which is an euphemism for spay. Call for details but essentially, you pay a \$5 (or whatever you can afford) membership fee which entitles you to low cost spaying at a veterinary clinic. You pay in advance, through the mail, and they send you the information about where to call for an appointment to have your pet spayed. Cost is about half that of the SPCA.

Animal Switchboard

P.O. Box 2078, SF

885-2679

Referral service, spaying program, lost and found, placement, legislation information.... "We treat the problem rather than the symptom (spay instead of killing surplus)"...placement requires spaying deposit and shots...no fees for services.

Family Animal Hospital

1333 - 9th Ave., SF 94122

566-0529

Animal health care for small and large animals. "Prices based upon our costs and clients ability to pay. We do not refuse to treat any sick animals--we offer the opportunity to trade services."

United Humanitarians, Inc.

P.O. Box 1343, Palo Alto 94302

327-2633

For a yearly fee of \$2, members can have as many animals spayed as they want. The spaying is done by a vet in San Jose and the cost is about half of what it would normally be. The vet also offers animal shots at \$5 each.

Dog licenses and shots in Santa Clara County

Santa Clara County Health Department

270 Grant, Palo Alto

321-2141

Once a month a dog clinic is held at the Health Department where shots and licenses are issued for \$6 per dog. Licenses are regularly \$4.

A number of non-medical groups in the Bay Area can arrange to spay and castrate pets at prices lower than the average rates recommended by the California Veterinary Medical Association. Some charge a small membership fee or request a donation for their service; a few restrict their service to pet owners who cannot afford to pay the full price. Among the groups are: Animal Lovers of Marin, 28 La Verne Ave., Mill Valley, 388-9370.

Animal Protection Institute (for Contra Costa county residents only); 376-4528.

Animal Welfare Association, Inc., 582

Arkansas St., SF; 333-5589.

Berkeley--East Bay Humane Society (needy clients only), 2700 Ninth St., Berkeley; 845-3633.

Peninsula Animal Welfare Society, P.O. Box 275, Palo Alto 94302 (a lack of funds limits this group to spays for the time being).

Pets and Pals, 6145 Estates Dr., Oakland; 339-2788.

Pets in Need, 1146 Chestnut St., Menlo Park; 323-3355.

United Humanitarians, P.O. Box 1343, Palo Alto; 327-2633.

The Image Circle

(Photographic Study Center)

Box 9003, Berkeley, Ca. 94709

Open membership, dedicated to the pursuit of photography as art. Classes and workshops for beginners and advanced students taught by known and accomplished photographers. Publication of portfolios, exhibitions of member and/or student work and other programs. Write for a brochure.

Photography Center

50 Scott Street, SF

558-4346

An amateur workshop for black and white photography, including darkroom studio facilities, library, film developing room, and camera club meeting facilities. A City Recreation facility, it costs \$6 for six months or 15 uses of the darkroom and \$10 for a year or 30 uses. Free orientation and beginners classes. Open M, W, F from 3-10 pm, Tues. and Thurs., 11-8 pm, Sat., 10-5, and Sunday from 11-5.

Rink

3042 Market St., S.F.

864-2950

Photographer charging "people's prices" -- whatever you can pay above cost, barter, food stamps, etc. He'll take pictures of you, your friends, houses, demonstrations, pets, etc. Also pics for acting portfolios. Specializes in brown-toned, old-fashioned type photos.

Dee Alexander

392 Crescent Ave., SF 94110

826-9651

Photography work done cheaply or for barter... able to work for a small percentage above cost... will work free for good causes.

Fritz Klempever

222 Clara, SF 94107

981-3530

"I take photographs of people alone and in families, clothed and nude. Will give you photographs in exchange for permission to use in my book.

Louise Katzman

510 47th Ave., SF 94121

752-5084

Creative photography. "I deal with it in two specific ways: you may either purchase photographs I have already "made," or you may ask me to photograph a specific event, happening, object, etc., which I will do in my own photographic way, for a small fee over cost. Will be happy to show you my work upon request.

Nancy Johansen

566-3297, SF

"I'm willing to do movement work free or at cost (depending on the group and availability of funds) and I also want to get into doing portraits-- people, families, babies, whatever--for cost plus a small percentage."

Paul Hoffman

387-8867

Photographic Services, any format--by hour or job, will trade.

San Francisco Photo Factory

2015 Fillmore, SF 94115

563-0610

Photography--album covers, entertainers, natural portraiture, as well as "the most progressive lab in darkroom magic." They say they never like to photograph an entertainer until they have had a chance to absorb his/her talent in order to project it visually.

North Beach Photo Lab

753 Columbus Ave., SF

982-2717

Darkrooms for rent. Free printing classes on Saturday.

Bill Abbott

563-6328, SF

Does all kinds of photography -- portraits, weddings, fashion, advertising, etc. Prices are based upon what the person can afford.

Wes Miller

558-5169, SF (days)

Portrait photography. Personalized, non-commercial. Prices based on cost of materials plus barter, trade, or modest charge.

Photolab

1908 Alcatraz, Berkeley

653-3530

Darkroom available at \$15 for 3 months unlimited use. Free instruction provided. Darkroom includes enlargers (Beseler) and chemicals. Open 11-9 every day except Mondays.

Karl Schaupp

1545 Lincoln Way, SF

681-4680

"I charge reasonable rates-- enough to cover the cost of the materials and corresponding to the amount of work I have done."

Alan Kuchek

65 Clipper St., SF

826-8164

Photographer with journalistic experience who is willing to take odd jobs of any photographic nature. All prices are on a cost plus small percentage basis. Movement work is generally at cost. Feel free to call if you just need a little help or advice.

Tim Conlin

776-8754

Free-lance photography. Shoots on location, in homes, etc. Low prices.

photography



Glen Woodruff

122 Ross St., San Rafael
456-7501

Piano tuning and minor repairs. "I am a professional fine tuner, apprenticed in the old method without machine." Tuning is \$17.50

Jon

(408) 246-9818, Santa Clara
Piano repairs and tuning...tune-ups are \$15...leave a message if he's not in.



Plants

3957 - 24th Street, SF
285-1552

Sells organic gardening supplies, "the finest vegetable seeds in the world", and house plants of all types, with less than standard mark-up. Also provides complete culture directions and all necessary supplies. They will also share their knowledge with anyone interested in gardening skills.

The Living Garden

1336 9th Ave., SF 94122

564-6969

Healthy plants at below lower-than-average prices. Also, soils, potting, and propagating supplies. Bonsai at low prices.

Plants

places to go

"La Cumbia"

17th St. & Valencia

A new fun place for people to dance or just listen to live latin music. This place is run by simpatico Latinos. Wine and beer to drink, \$1 to \$1.25 and sandwiches, \$1 to \$1.25. The food will feature American and Italian specialties. 9 PM to 2 AM, Wednesday through Sunday.

Angel Island State Park

San Francisco Bay

435-9111

Ferry service available to the Island from Fisherman's Wharf (Pier 43 1/2) or from the Corinthian Yacht Club in Tiburon through the summer. Fare is \$1.50 round trip for adults and 75¢ for children. For schedules, call 391-5826. This is a good place to have a picnic and spend the day.

San Francisco Parks and Recreation Department

McLaren Lodge, Golden Gate Park, SF 94117

558-4268

A bi-monthly guide to events, classes, and facilities in San Francisco's parks is available to anyone for free by writing or calling Mario Cotruvo at the above address.

Glide 'Un-Tourist' Exposure

(415) 771-6300

A "people's view of a slice of the city, some of it's people, it's pain, it's joy..." (usually the first Sunday of every month). \$15 includes transportation, honorariums to people from indigenous communities, and dinner. Register in the Church office, Room 203, the day of the event (or before). Pre-registration with partial payment of \$5 will insure reservation. Contact Rev. Lloyd Wake or Jean Crosby at the above number.

San Francisco Convention and Visitors

Bureau Daily Events Number

391-2000

Call the above number and you'll receive a recording of what's going on in the City. Most things mentioned are geared for the tourist but art show openings, etc. are mentioned.

Exploratorium, Palace of Arts and Sciences

Marina Boulevard and Lyon, SF

563-7337

This "museum" is located in the only building left from the 1915 Panama-Pacific International Exposition. The building is like a big warehouse and the exhibits must be manipulated--no "hands off" policy here. Many exhibits are made by high schoolers and there's a machine shop for exhibit construction in the building. The exhibits involve the use of your senses as well as testing human perception. Open from 1-5 pm, Wednesday through Sunday and Wednesday evening from 7-9:30.

Cable Car Barn

Washington and Mason Streets, SF

558-3383

Open to the public from 10-6, Mon. through Thurs. and from 10-10, Fri., Sat., and Sun. You can see the wheels that turn the cables that make the cable cars run. There also are alot of pictures of old cable cars.

Holy City Zoo

408 Clement St., S.F.

752-2846

Beer (50¢), wine (60¢), snacks, and acoustic entertainment in a low-pressure, atmospheric place. Open from 2 p.m. - 2 a.m. Tues - Sat. and 8 p.m. - 2 a.m. Sun. and Mon. Entertainment every night, with an open mike Thurs. and Sun.

Mother Fern

852 Stanyan (near Frederick), SF 94117
668-1780

Sells plants, soil, fertilizers, pots, some cast iron and macrame pot holders. Information is gladly given and a card is attached to each plant describing care required.

Tommy's Plant Shop

566 Castro, SF
863-1883

A wide variety of "green healthy plants" specializing in ferns and hanging plants. It is a garden information center--he loves plants and will gladly give advice about how to care for them, serving as a "plant doctor."



PLUMBING

Plumbing

Nancy and Naomi, 548-5082

Lorraine and Suzanne, 654-4902

Plumbing, carpentry, and house wiring. Rates are negotiable. Will teach these skills for free or pay, depending upon financial situation.

Amnon Kent

730 41st Ave., SF 94121
387-0602

"I can do minor repairs, piping jobs, and re-modeling work. I usually charge what the person thinks is a right price for the job."

poetry

Dotty LeMieux, Poet

2638 Woolsey, Berkeley 94705
845-8190

"I am available to do poetry readings for your party, group, etc. Would be willing also to do workshops. Support your local Poet!"

Intersection Poetry Series

Intersection Coffeehouse, 756 Union St., SF 94133
Poetry readings by known Bay Area poets every Tuesday at 8:30 pm. \$1 donation suggested.

Poetry in the Schools Program

The Poetry Center, SF State College
19th Ave. & Holloway, SF 94132
469-2227

A project to help teachers and students in elementary and secondary schools to organize poetry readings, discussions and workshops. Funded by the National Endowment for the Arts.

POTTERY



Pottery Shop

#2 Winfield, SF
826-4388

Small shop...no production...electric kiln... lessons are \$20 for 4 lessons which includes all materials...lessons are held M-Th from 7-10 pm...workshop is \$15 per month which includes all materials...door has a combination lock so workshop can be used at all hours... all wheels are kick wheels and the design is very good for beginners.

Palo Alto Community Services Ceramics Workshops

Palo Alto Community Cultural Center
1313 Newell Road, Palo Alto
329-2366

Mitchell Park Community Center
3800 Middlefield Road, Palo Alto
329-2487

The City has ceramics workshops at each of these two locations. Wheels and firing are available as is clay. The cost of using the wheels is 35¢ an hour for residents of Palo Alto. There are often special weekend workshops in such things as Raku and ceramics classes are offered in four sessions a year through the Community Services Division (329-2568). Hours for the ceramics workshop at the Cultural Center are: 10-5 and 7-10, Tuesday through Friday, 10-5 Saturday, and 1-5 on Sunday. Mitchell Park hours are M, Th., and F, 9-12 and Tuesday and Thursday from 7-10.

Caprice Schmidt

391 Belmont Ave., Redwood City, Ca. 94063
368-1753

Wheel created pottery, concentrating on the technique and philosophy of centering \$15 for a 6 week class which is private semi private. Clay and tools are free. "There are many fun possibilities and things to play around with, open to all call and we can arrange time."

Susan Horn

4215 Montgomery St., Oakland
652-2120

Creative pots--specialized hand work. "For money or exchange for your services."

Phil Sims

5655 Petaluma Hill Road, Santa Rosa
(707) 542-5635

Potters kick wheels individually built. Built-in sumps...80 lb. cast concrete flywheel, fiber-glassed. \$125.

Scorpio Ceramics

Herb, Mill Valley
383-0619

All types of quality stoneware. Special orders welcome. Barter and/or people's prices. Low-cost individual instruction offered.

Poison



Poison Center

431-2800 (SF emergency hospital)

Gives advice to people who have taken poison.

Poison Information Center, Berkeley

654-5600, ext. 343

Palo Alto Poison Control

293-0262

POLITICAL ACTION

Workers Action Coalition

6052 Claremont Ave., Oakland 94618

658-3628

"The Worker's Action Coalition has recently been formed by an open alliance of Bay Area working people: employed people, people on welfare, and the unemployed, to launch a full-scale campaign against the present economic policies...We hope to organize public forums and classes on the issues involved in our program, conduct mass informational activities including pamphlets, regular leafletting at work places, welfare and employment offices, and circulate petitions." W.A.C. meetings are held Wednesdays at 7:30 pm.

People's Lobby

2300 Van Ness Ave., SF 94109

Direct political, legal and social action on environmental and social problems. "We offer new avenues for citizens' action through courts (writs, law suits and injunctions) and referendum, recall and initiative process.

Cautious people...never can bring about reform. (You) must be willing to be anything or nothing in the world's estimation and publicly and privately, in season and out, avow (your) sympathies with despised ideas and bear the consequences.
Susan B. Anthony.

Berkeley Coalition

2490 Channing, Berkeley

848-4084

A political organization which serves as a political clearinghouse for the "left" in Berkeley, participates in electoral campaigns, supports representatives, etc.

SPEAK

Sunset-Parkside Education and Action Committee

1329 7th Ave., SF

731-0123

A citizens group working within the system to promote educational alternatives, grass-roots community planning, consumer protection, and related concerns. Open to anyone who lives or works in the Sunset or Parkside districts. Annual dues are \$5 or \$7.50 for couples.

New American Movement

548-5502 (Alberta), Berkeley

548-8619 (Nina), Berkeley

A national organization that believes in a democratic form of socialism and works on programs towards that end.

Pregnant Teens

See also listings under "Pregnancy Testing and Counseling" and "Child Care"

School Program for Pregnant Teens

Teenage Mothers' Program, SF School District

135 Van Ness, room 38, SF 94102

863-4680, ext. 497

For any pregnant teenager who wants to continue school...includes a school program, pre-natal care, and counseling...there are 6 school centers located throughout the City...no fee for services.

School-Age Mothers Program

Sequoia School District

368-1616

For pregnant girls who live in the Sequoia School District and who are in grades 9-12. Academic subjects as well as counseling, child birth education, etc. Free of charge.

Teen Family Planning Clinic

Y.W.C.A., 1515 Webster St., Oakland 94612

Pre-natal care classes for teens and young women on Wednesdays from 1:30-4:30. Post-

natal care classes on Thurs. from 5-7. Free.

Information, Referral, and Service Bureau for Pregnant Girls

Chope Hospital, 222 39th Ave., San Mateo 94403

573-2646 or 573-2647

Aimed at the girl or woman under 21, this service provides referrals for pregnancy tests, pregnancy counseling, pre-natal care, etc. No parental consent is needed. Open from 8-5, M-F.

Planned Parenthood of San Francisco

2340 Clay St., 7th floor, SF 94115 567-0870

1101 Masonic, SF

863-2790

Pregnancy tests done for teens without parental consent required. Charge is \$1 if you can pay it. The Clay St. clinic is open on Tues. and Fri. from 2-5 and the Masonic St. clinic is open on Wed. from 3-6. No appointment needed.

Florence Crittenton Services

850 Broderick, SF 94115

567-2357

Programs offered to pregnant women in the community as well as to those who are staying at the Florence Crittenton Home...counseling and care before or after an abortion...baby clothes and equipment exchange...24 hour switchboard offering emergency housing, counseling, etc... infant day care program for single mothers who are under 18, on welfare, and in school. Call for more details.

pregnancy testing And counseling

Planned Parenthood of San Jose

28 N. 16th Street, San Jose
294-3032

Pregnancy and abortion counseling. Call for an appointment.

Planned Parenthood, San Mateo County

348-2424/573-2598

Birth control and pregnancy counseling for anyone in San Mateo County. Minors are seen without parental consent. They have clinics all over the County--call to find the one closest to you.

Santa Clara County Pregnancy Test Services

270 Grant, Palo Alto

321-2141, ext. 391

A clinic is held once a week in which a woman may have a pregnancy test done. Counseling is also available. Everything is free but appointments are necessary.

Bay Area Pregnancy Counseling

558-5791, SF

Sponsored by the Department of Social Services, this service is intended mainly for pregnant women who are considering relinquishing the child for adoption. They also can help people who want to adopt children.

Planned Parenthood Pregnancy and Abortion Counseling

2340 Clay, SF, 4th floor

922-4477

In-depth interview with women who have unwanted pregnancies...discussion of alternatives open to them...choice of what to do is left up to the women...referrals to doctors and clinics for pre-natal care...explanation of procedure for giving child up for adoption...referrals for abortions...explanation of how to get MediCal if applicable...open to any pregnant woman, regardless of age...fee for interview session and referral is \$10 if you can afford it, otherwise free...appointments are necessary, and it usually takes a few days to get one...expectant parent groups for couples and singles planning to continue the pregnancy are being started; call for further information.

Teen Family Planning Clinic

Y.W.C.A., 1515 Webster St., Oakland 94612

451-7900, ext. 488

Pregnancy counseling and referrals (no tests) for teens and young adults. No parental consent needed and no fee.

Fort Help

199 Tenth Street, SF 94103

864-4705, 864-HELP

Pregnancy counseling on weekends and evenings as well as during the day. Call for an appointment. Those who can are asked to contribute but no one will be turned away. 91

Women's Need Center

531 Clayton, SF 94117

621-1003

A complete abortion counseling service including initial abortion counseling, supportive services throughout the hospital stay, counseling follow-up. Also available is birth control information and pregnancy testing. The Center also does adoption referrals. All services are free.

Alameda County Health Department

The following places provide pregnancy testing and counseling:

2550 Peralta Blvd., Fremont 94536

793-1550, ext. 35 or 36

No charge.

820 E Street, Union City 94587

471-3930 or 471-4150

No charge.

6214 Thornton Avenue, Newark 94560

797-1188

No charge.

43000 Sumter Ave., Fremont 94538

651-1033

No charge

15001 Foothill Blvd., San Leandro 94577

351-8000, Ext. 434

No charge

599 5th St., Oakland 94607

874-7196

Cost is \$1.

2226 Santa Clara, Alameda 94501

LA 3-7610

Cost is \$1.

Planned Parenthood of Alameda County

1252 "B" Street, Hayward 94541

538-6330

Pregnancy tests and counseling by appointment. The fee is \$10.

Planned Parenthood of Alameda County

4361 Railroad Ave., Pleasanton 94566

462-1950

Pregnancy tests, counseling, and referrals by appointment. Fee is \$7.50

Planned Parenthood of Alameda County

482 West MacArthur Blvd., Oakland 94609

654-4075

Counseling around problem pregnancies (usually unwanted but not always)...referrals for abortions, natural childbirth classes, adoption agencies, pre-natal care, etc...\$10 fee if you can afford it or whatever you can pay...open from 9-5, M-F...call for an appointment.

Comprehensive Family Planning

830 University, Berkeley 94710

845-6550

Contraceptive clinics, pregnancy testing, abortion counseling, pre-marital blood tests, referrals to doctors and other services. Berkeley residents only. Appointments must be made for services. All services are free. 

MORE PREGNANCY TESTING & COUNSELING

Contra Costa Planned Parenthood

1291 Oakland Blvd., Walnut Creek 94596 935-3010
255 Civic Center St., Richmond 94804 233-1900
Pregnancy testing and counseling; referral for adoption, pre-natal care, legal abortions. Hours for Walnut Creek are 9-5, M-F and for Richmond, 1-5, M-F. Parental consent is not required at either center and all records are confidential.

Planned Parenthood of Marin

710 "C" Street, Suite 9, San Rafael 94901
454-0471

Pregnancy tests for any woman (no parental consent needed) on Mondays and Wednesdays by appointment. The charge is \$5. Pregnancy counseling at no charge by appointment.

See also under "Health", SF District Health Centers, San Mateo Department of Public Health, Guadalupe Neighborhood Health Clinic, Haight Ashbury Free Clinic, Berkeley Women's Health Collective, and San Francisco Womens Health Collective..

PRE-NATAL CARE

Teen Family Planning Clinic

Y.W.C.A., 1515 Webster, Oakland 94612
Pre-natal care classes for teens and young women on Wed. from 1:30-4:30.
Post-natal care classes on Thursdays from 5-7. Free.

Part-Pay Maternity Plan

Providence Hospital, 3012 Summit, Oakland 94609
835-4500, 9-3, M-F

Clients are accepted into the program and then referred to private doctors where they receive maternity care at a reduced fee. This service is for women from low income groups who do not qualify for care under any health plan. Call for an appointment and for more information.

Planned Parenthood Pregnancy and Abortion Counseling

2340 Clay, 4th floor, SF
922-4477

Expectant parent group for couples and singles... discussion of common concerns, experiences of pregnancy, including labor and delivery, and the joys and anxieties connected with changing roles.. aimed at enhancing the experience of pregnancy and to better prepare for the task of parenthood. Call for further information.

Golden Gate Chapter, National Red Cross

1625 Van Ness, SF

776-1500, Ext. 337

Mission Service Center

3225 21st Street, SF

776-1500 (ask for Mission Service Center)

Expectant parent classes which are six 2-hour meetings. Also, home nursing classes and mothers aid (supersitter) classes. Classes are free of charge. Classes at the Mission Service Center are in Spanish. Call for more information. These services are available throughout the Bay Area - check your phone book for the nearest Red Cross office.

prepared childbirth

Referrals for Lamaze Childbirth Classes

Call the number listed below which is closest to you to receive general information and referrals to doctors, hospitals, and classes which deal with the Lamaze Method of prepared childbirth:

Hayward- Jo Murdach	581-6794
Newark-Fremont- Janet Madsen	657-8439
Livermore- Kitty Lew	443-3407
Concord- Jeri Taylor	685-6420
Marin- Jody Smith	435-3909
Santa Clara- Diane Tuveson	738-1154
San Francisco- Tonia Coffin	776-7239
Berkeley- Nancy Wanamaker	841-0160

Patti Walsh

453-9325, San Rafael

Classes offered in San Francisco and San Rafael in the Pavlov-Lamaze preparation for childbirth method. The classes begin in the last 6-8 weeks of pregnancy and are held weekly until birth. Fathers are encouraged to attend. The teacher is also available as a labor coach for home, or when permissible, hospital deliveries. Fee for the full series of classes is \$25 and she will barter at times.

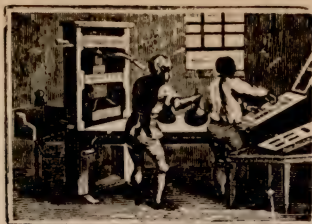
San Francisco Adult Education

665-4330

Offers free classes in Natural Childbirth. They stress that you should call immediately upon knowledge of pregnancy since you must enroll in advance.



PRINTING



Ted Schade

512 Second St., SF 94107

398-4005

Offset printing (9½x14 maximum)
at reasonable rates.

San Francisco Community Press

Project Artaud, 2800 Mariposa St., SF

626-0129

"We are a printing resource for groups working to build community strength and solidarity in San Francisco...Right now, we have a Chief 20 which can print up to 14 x 20 inches. We have full capacity to do flyers, posters, brochures, magazines, and books. We are adding binding equipment and other machinery which will be available to instruct people in their operation so that groups can do part of the work of printing themselves... We print as cheaply as possible: our overhead is low and we work for subsistence wages."

Graphic Arts Workshop

6253 California St. (at 25th Ave.), SF

386-9524

A co-op printmaking studio equipped for hand silk-screen, lithography, etching, and woodcut. Classes are offered and membership in the co-op is \$36 a year.

Black Sheep Press

512 - 2nd St., SF 94107

398-4005

General job printing by offset, litho, or letter-press up to size 23" X 29". The work they do includes books, brochures, leaflets, etc.

Lettuce Help/Neighborhood Graphics

c/o Graphic Arts Workshop, 6253 California St., SF 665-4862 or 387-4518 (Lee or DeRenne)

Design and hand silkscreen printing of Christmas cards, bookplates, wedding invitations, posters, etc. Cost is based on hours spent and materials supplied.

Maud Gonne Press

Betsy - East Bay - 658-2850

Offset printing: post card size to 14x17. A woman's shop; calls in other women to provide any outside graphics, photography work needed. Reasonable prices (special for feminist material), quality work. If she can't do it, she'll refer you to other womens or movement presses that can.

Ecology Center Press

P.O. Box 1100, Berkeley, Calif. 94701

527-4713

Prints environmental and community literature, books, and newsletters. Planning publication of a qualified address list of persons actively involved in ecology projects. Call for free estimate on printing; format requirements and price brochure to be published soon.

Renaissance Graphics Service

P.O. Box 15081, SF 94115

431-3557

A printing service that operates on a low-profit basis.

Pacifica Services

441 California Ave., #3, Palo Alto 94306

326-0261

Typesetting, paste-up, and some graphic design...justified or unjustified type or IBM Composer. Generally the charge is \$10 per hour, but prices are negotiable depending on the people and the job. "We would like to build up a clientele of movement people...also we'd like to get involved with movement printers, graphic designers, etc., to share skills. We'll teach what we know."

Waller Press

2136 Palou Ave., SF

824-6262

Probably the most inexpensive large printer on the west coast, they have the equipment to do huge offset jobs. They do a lot of work for movement publications and graciously help people who know nothing about printing "get their show on the road". They printed the People's Yellow Pages.

Heliopolis Screen Process

Berkeley 548-6578 or SF 664-6831

Hand printing in color or black & white: prints, posters, wallpaper, announcements, cloth, or whatever you want. Our designs are yours. Specialize in Oriental and Ancient world calligraphy and design.

People's Press

968 Valencia, SF

282-0856

People's Press is an anti-imperialist propaganda collective that writes, designs, prints, and distributes its own literature (mostly books, pamphlets, posters, etc.). They do print other people's stuff at low cost too. The priority is their own stuff. Write for a free literature list. They've done primers on Vietnam, ecology, the prison movement, legal defense, how to fix your own car, etc.

Rip Off Press

1250 - 17th Street, SF

863-5359

Printing done at cost or low profit. They also publish photographic essays, art books, etc.

The Company & Sons

Project Artaud, 499 Alabama, SF

863-0890

Publishers and distributors of alternative publications. They are building a co-op national distributing system for small publishers.

PRINTERS AGAIN

Hermes Free Press/Spring Creek Typesetting Service

243 Collins St., SF 94118

752-6950

Free poems, broadsides, political tracts, with national distribution. Typesetting is 15-25 cents a line (linotype and handset).

Cranium Press

243 Collins, SF 94118

752-6950

Book design and fine quality letterpress book printing. Publisher or limited edition poetry books.

The Free Press

337 Ramona, Palo Alto 94306

327-5676

Offset printing--posters, flyers, and booklets--some two-color work. Reasonable and good to work with. Open 10-6, M-F.

Shameless Hussy Press

alta Box 424, San Lorenzo, Calif. 94580

Books available by alta, Pat Parker, Susan Griffin, Paul Mariah, Mary Mackey, Dan Georgakis. Also distributing Sharon Ulrich and Diane Parker. All titles 60¢ or 75¢. First all women's poetry magazine: Remember Our Fire, 75¢.

Pony Press

1945 Ashby, Berkeley

841-7669

General offset printing, metal plates, 4 color process, etc. Also instant printing while you wait. They took the lowest price list they could find and cut it by 10%. Will barter. Open 10-7, Mon-Sat.

PRISONERS

Friends Outside

Marilyn O'Neill, 5811 Keith Ave., Oakland 658-4873

Assistance in maintaining connection between prisoners and their families. Also provides transportation and some food and clothing for the family in times of need. Mainly a community network.

Prison Law Project

5406 Claremont, Berkeley

658-8969

Does legal work for inmates only. The project subsists on private donations, and they are limited now to taking only the larger cases of in-prison problems, for example, the consequences of a fight in the prison yard or the transfer of a prisoner whose family is in one city to a prison where they could visit him.

Austin-MacCormick Center

1251 Second Avenue, SF 94122

681-6750

A house in which rooms are rented to parolees as well as community people. The goal is a supportive atmosphere and assistance with employment and other problems is given when necessary. The Center also works to educate the community about penal problems in America. Seminars, discussions, and a weekly luncheon bring together students, ex-prisoners and professionals in the penal system. The Casual Labor Pool provides work and they will take on all sorts of odd jobs that people need done.

Connections

3189 16th St., SF

863-1604

Connections is a support and information center made up of families and friends of people in prison. They provide free statewide transportation for families and friends to visit their people inside. They also develop programs within prisons in education, recreation, employment, legal aid, and social awareness. They bring people in from the communities to make prisoners aware of outside community resources.

Community Alternatives, Inc.

524-0815 (Berkeley)

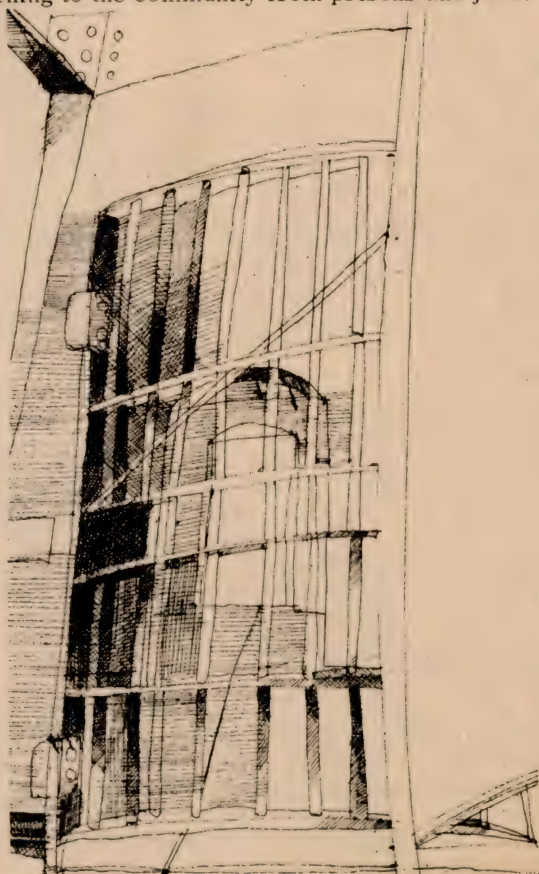
Originated as a jail reform program, now working on starting a home for women and trying to get judges to send women to them rather to the Santa Rosa jail.

Transitions

2160 Lake St., SF

752-7716

A community program endeavoring to improve the overall employment situation for men and women returning to the community from prisons and jails.





"If a thousand men were not to pay their tax bills this year, that would not be as violent and bloody a measure as it would be to pay them and enable the state to commit violence and shed innocent blood."

— Henry David Thoreau

PROTEST
PROTEST
PROTEST
PROTEST

American Reparations Committee
1708 B Grove St., Berkeley 94709
848-4085

A people's peace program formed by concerned people to remind others that the war is still an issue to the Viet Nameese. "We chose to focus our energy on a program of reparation of direct cash payment from the American people to the victims of our government's aggression." They are trying to get people to contribute one day's wages to the Democratic Republic of Viet Nam.

National Organization for Non-Parents
220 Miramonte, Palo Alto 94306
327-3333

A newly formed national organization that believes that parenthood is not good for everyone. The organization is designed to change the image of non-parents, to educate non-parents and the general public, to open up dialog to pave the way to reform of tax deductible laws, etc. They are calling for quality parenthood as opposed to the great numbers of people who are coerced into having kids by the images presented by the media. The organization is open to parents as well as non-parents.

The White House
(202) 456-1414, Washington, D.C.
Ask for the message center and register your protest. Cost is 35¢ for one minute after 11 pm.

San Francisco Opposition
664 Clay Street, S.F.
986-8757

"An all volunteer organization dedicated to preservation of the urban environment and sanity in urban and regional planning. We need volunteer help. We are presently trying to stop the highrise madness. Contact Charlie Starbuck at above number."

Association for Repeal of Abortion Laws
P. O. Box 6083, SF
387-6480

A movement organization working to repeal all existing abortion laws.

Catholic Peace Fellowship
833 Haight St., SF 621-8787

Laymen and Clergy concerned about the war in Vietnam are involved in draft and tax resistance, give talks to high school and other groups about the war.

Telephone War Tax Protest
P.O. Box 40448, SF 94140
661-6979 or 386-8892 or 282-2321

There is a growing organized movement behind the phone war tax protest. People participate by not paying the 10% war tax on their phone bills. You subtract the amount of the excise tax from your phone bill each month and send the money instead to a trust fund; thereby you become part of the lawsuit testing the legality of this excise tax. If the suit is successful, the money will be donated to the American Friends Service Committee; if it is not, the money will have to be turned over to the government. More information can be gotten through the Telephone War Tax Protest group.

War Resisters League-West
833 Haight St., SF 94117
626-6976

A pacifist organization which, among other things does tax resistance counseling M-F, 10-4.

I.C.C.F. (Inter-Communal Survival Committee to Combat Fascism)
1415 Stannage, Berkeley
525-4375

An arm of the Black Panther Party which works in the white community, developing programs in the neighborhood where the center is located—northwest Berkeley. Publishes a newsletter and shows films every Friday night.

Alternative Features Service
P.O. Box 2250, Berkeley 94702
548-7000, 1-6 pm.

Alternative Features is a media collective which operates a non-profit press service for campus and community newspapers. Subscribing newspapers receive weekly packets of columns, cartoons, and illustrated features. AFS is always looking for investigative reporting and editorial cartoons and will pay for writing, art, and photos; write them for a rate sheet. Free introductory packets are available to campus and community newspapers.

ALTERNATIVES Newsmagazine

P. O. Drawer A

Diamond Heights Station, SF 94131

A quarterly with articles about communes and collectives written by their members, a directory of communes in the U.S. and Canada, views on the communal movement in the U.S., plus proposals for creating the good life, and a "contact" section for individuals, groups and communes seeking new members. \$1.00 per copy. Edited by the Alternatives Collective.

Artweek

P.O. Box 2496 Castro Valley, Calif. 94546

A weekly newsletter listing gallery shows throughout California, some reviews, articles, etc. Listings of open competitions all over this country plus occasional European. Single copies 35¢ at museum bookstores and some art supply dealers. Subscription is \$5 a year for 45 issues or \$9 for 2 years.

Bay Area Radical Education Project

P.O. Box 40159, SF
621-7035

Produce, publish, and distribute literature on a variety of topics including imperialism, political economy, Third World Liberation struggles, women's Liberation, China, etc...10-20¢ per pamphlet...willing to take on people who are interested in REP work and willing to struggle politically.

Birth Control Handbook

P.O. Box 1000, Station G
Montreal, 130 Quebec, Canada

An excellent book on methods of birth control, including the advantages and disadvantages of each. Available by writing them directly or at such bookstores as A Woman's Place in Oakland or Modern Times in SF. 25¢

Black Bart Brigade

P.O. Box 1474, Palo Alto, Calif. 94302

A magazine devoted to helping older persons meet the changing social world of the 70's... articles about and by people who have left the system to create alternative lifestyles, etc.

Brother

828 Coventry Road, Berkeley 94707

A forum for men against sexism...articles by and about men who are trying to deal with their sexist feelings and trying to get together with their brothers...available in some bookstores for 25¢ or by subscription which is \$10 for institutions, \$3 regular, \$2 for students, unemployed, military, AWOLees, and \$1 for welfare.

Earthlight

SF Ecology Center,
13 Columbus Ave., SF 94111
391-6307

A national environmental weekly reader being distributed across the country to elementary school children.

Info Manual

1671 Bay Road, East Palo Alto 94303
322-1816

A directory of public and private agencies working in the East Palo Alto - Belle Haven area, with focus on needs being served. Includes also general information for community action. Cost is \$9 for a year's subscription which includes periodic updating.



Finding Community

W. Ron Jones

James E. Freel and Assoc.

577 College Ave., Palo Alto, Calif. 94306

A paperback book subtitled "A Guide to Community Research and Action". Very specific sections on Food Costs and Quality, Selling Practices and Credit Abuse, Corporate Medicine, Housing, Police, etc. Each chapter is divided into an Indictment, Readings, Community Research and Action, and Alternatives. Full of ideas about how to get involved. \$3.45 plus 50¢ postage.

Goat Hill Newsletter

400 Missouri, SF
282-5250

Free newsletter that tells about what's happening in the Chinatown, Potrero Hill, and Mission areas. Call to be put on the mailing list.

Heirs, Inc.

657 Mission St., SF 94105
391-5990

Heirs is a youth owned and managed magazine. It is independent, non-profit and non-political. Its activities range from magazine production to poetry readings and art shows. Heirs provides young artists and writers from many cultures with a vehicle of expression. It strives "to explore, encourage and inspire the creative productivity of youth," accepts work from all parts of the world, in any language and in any art medium, with Third World concepts as an important factor.

Intersection Newsletter

756 Union, SF

The Intersection Newsletter, which appears occasionally, will keep you posted on a wide range of cultural activities in the area. It is a free service to artists and craftspeople, churchpeople, organizations, and the community. Requests for inclusion on their mailing list should be sent to the above address.

Especially Galleries Guide

531 Geary, SF 94102

441-5511

This art guide, compiled by David Allen at Mostly Flowers Gallery, lists shows by areas throughout the Bay Area, and includes not only galleries and museums but schools and individual shows as well. Any institution or person desiring a listing is requested to send \$2.50 towards publication costs or barter services in exchange. The Guide is distributed widely at art galleries and is free to the public.

People's Products Clearinghouse

P.O. Box 3102, Berkeley 94703

863-4111/626-0267

Designed to eliminate the middle-man distributor rip-off, to put people in touch with the people, shops, and stores that want what you've got. Catalogs and periodic supplements will be distributed nationwide. Catalog sales will cover distribution and printing costs. Extra money will be made available as free loans to develop new products. Anything you have or do that some one else can use, put in black and white on an 8 1/2 by 11" piece of paper (drawings, photographs, whatever) and the People's Products Clearing House will print it as it is in a giant catalog. State price and whether you trade.



publications

Libera

Eshleman Hall, University of California
Berkeley 94720

A magazine of women's writings and graphics. Operates as an open collective with creative and tedious work shared by all. Libera needs unpublished material and sisters to share the work. Available 3 times a year at \$1.25 per copy.

Mother Earth News

Box 38, Madison, Ohio 44057
(216) 428-4090

A magazine published every two months with articles on recycling, ecology, living in harmony with the planet, free and low-cost housing and land, organic gardening, etc. The "Contact" section is a service to help people get together (like people who are looking for land and people who have land and need more people). A 25¢ charge for any contact placed or answered. Addresses of individuals are not printed; letters are forwarded to the proper parties.

Nan Scott's Newsletter

215 So. Maple Ave., South San Francisco 94080
A monthly newsletter which is sent free to Dy Dee Wash (diaper service) accounts and to expectant parents who request it. For others, the cost is \$1.50 for 6 issues. In the newsletter, people pass along hints for child-rearing, making work easier, etc. but in addition, there are good editorials on such things as children's t.v. commercials, lists of companies that make things for the war as well as for the home, etc. Plus, there are want ads where parents can trade baby things. There also are lists of places to go for counseling, classes in LaMaze, people to contact about the LaLeche League, etc.

Our Bodies, Ourselves

Boston Women's Health Collective
c/o New England Free Press

791 Tremont St., Boston, Massachusetts 02118
An absolute must for all women to read. Discusses in great detail birth control, pregnancy, etc. Available by writing directly to the Collective or at such bookstores as A Woman's Place in Oakland or Modern Times in SF. 35¢.

Place Magazine

855 High St., Palo Alto, Ca.
326-5545

"A people's National Geographic, a reader-based magazine, will try to print everything anybody sends us, including good pictures on good paper. Send any hot springs information as we will print complete annotated list of hot springs in the country. Subscription \$8 a year. No advertising. (It's hard for magazines to stay in business because it costs too much money to keep one going.)"

Shambala Publications

1409 Fifth St., Berkeley 94710
526-3923

Publishers of books dealing with the potentials of man's inner evolution. "We publish reliable books in our field. We make a great effort to publish only books of the highest merit." They also publish a journal, Maitreya.

The Stranded Oiler

1945 Union St., #202

A monthly underground paper published anonymously by Standard Oil employees.th "Challenges the control of our lives by Amerika's Monster Corporations." 

More Publications

Source

P.O. Box 21066, Washington, D.C. 20009
(202) 387-1145

A series of publications...the first, dealing with communications, has been published... twelve more to follow..."the organizer's catalog. A resource encyclopedia of exposes, counter institutional services, community control projects, and organizing strategies for institutional revolution. Each 150 page issue will contain over 600 group descriptions, plus thousands of annotations, books, films, periodicals, tapes, and pamphlets for consciousness raising and technical information"...available at bookstores or by writing to the Source Collective...\$1.50.

Spiritual Community Guide

P.O. Box 1080
San Rafael, Calif. 94902
(415) 453-9489

A book published by the Spiritual Community which lists spiritual learning centers all over the United States--places to learn various disciplines and ancient spiritual practices--from Kundalini Yoga to Zen Buddhism, from spiritual music, chanting and dance to massage. Since good diet is considered important by most proponents of such practices, they also list good places to obtain wholesome foods. The book also contains articles to offer instruction and other informational aids.

WestArt

P.O. Box 1396, Auburn, Ca. 95603
885-3242

News of art events and listings of open art competitions and art festivals. 30¢ for individual copies. Subscription rates are \$4 for one year, \$7 for two years.

Working Loose

American Friends Service Committee
2160 Lake St., SF 94121

A paperback book by and about people who are making the transition from oppressive and uncreative work situations and lifestyles into the work they really want to do. Warm and energizing. \$1.95.

California Legislation

Mary Charles, 2527 Forbes, Santa Clara 95050
A publication which reports on legislation affecting welfare. \$5 a year.

Rainbow Pages

Since the first issue of the People's Yellow Pages of San Francisco came out, we've discovered the existence of more and more such directories throughout the country. Wouldn't it be fine if there was a directory of alternatives for every city? Below are listed some of the ones we know about; no doubt there are lots more, but we haven't made contact with them yet...

People's Yellow Pages of the SF Bay Area

P.O. Box 31291, SF 94131

Put out by the People's Yellow Pages Collective (we are 5 women - please don't address letters to "Dear Sir"), this is the directory you're now reading. This is our second issue and it costs \$1.50 in bookstores and other shops and \$1.50 plus 25¢ postage by mail. We expect to come out with a new directory every six months and would like to hear about places we've left out of this issue.

People's Yellow Pages of Cambridge

Vocations for Social Change

353 Broadway, Cambridge, Massachusetts 02139
Used as a "model" for the PYP of SF, this directory has been around for a couple of years. Issue #3 will probably be out in November but issue #2 is still available at a cost of \$1 for mailed copies.

Red Pages of Washington, D.C.

Washington Area Free University

1724 20th Street, N.W., Washington, D.C. 20009
Issue #2 of the Red Pages has just come out. They have no set price but we recommend at least a donation to cover postage if you send for one.

People's Yellow Pages of New York

Emmaus House, 241 E. 116th, N.Y., N.Y. 10029
Issue #2 of this PYP just came out. An updated issue will be out in a couple of months. They request at least a 25¢ donation.

OPT - Social Change Vocations

Duke YM-YWCA, Box 6487, College Station
Durham, North Carolina 27708

We've seen the first issue of this directory of the South and understand that a new one is on its way. There is no set price for the publication but send at least a donation to cover postage if you want one.

British Columbia Access Catalogue

Box 5688, Station "F", Vancouver 12, B.C.

So far we've seen 2 issues of this guide but there's probably another one on the way. Cost is \$2 per issue or \$4 for a year's subscription which includes 2 issues and possible supplements.

Chinook Centrex

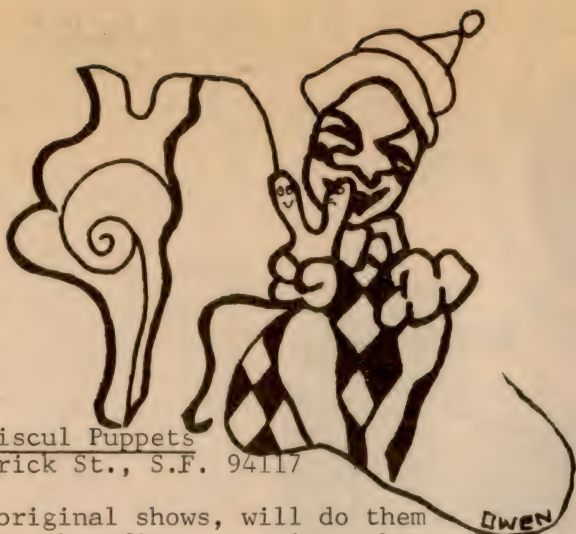
4312 SE Stark, Portland, Oregon

A directory and access catalog primarily for the Portland Metropolitan area, the first issue just came out. Cost is \$1.25 plus postage.

Freedom is and must always be at the beginning; it is not an end, a goal to be achieved. One can never be free in the future. Future freedom has no reality, it is only an idea. Reality is what is.

Krishnamurti

puppets



Miscus Friscul Puppets

518 Frederick St., S.F. 94117
661-5916

"We have original shows, will do them for parties, benefits, etc. in exchange for goods or services. Drop in if interested in anything to do with puppets--we also make them to sell."

Dragons Are Too Seldom Puppet Theatre

3346 22nd St., SF
647-0179

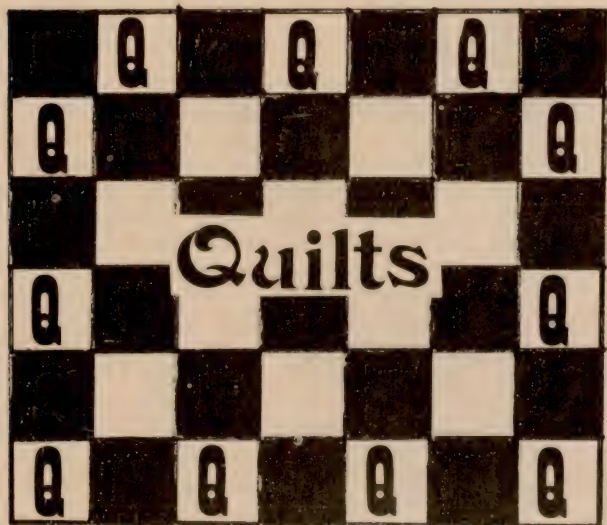
A traveling puppet theatre which performs "fractured fairy tales" at schools, supermarkets, parks.

Puppet Makers

Cindy and Babs

P.O. Box 532, Murphys, Calif.

"We have finger and hand puppets at people's prices. They're great for teaching children and watching the marvelous worlds of their imaginations."



Ann Bonner and Judy Ryan

(707) 938-8269, Sonoma

Custom made quilts (possible to use them as a sleeping bag). Either you furnish materials or leave it to them. Patchwork top...design or free form...polyester fiber stuffing tied with yarn. Quilted plain color borders to match back side. Finished quilt is light weight, fluffy and very warm. Single, double, crib, any size.

RADIO

KPFA Radio, 94.1 FM

2207 Shattuck, Berkeley
848-6767/981-7730

Listener supported non-commercial radio...classical music concerts Monday through Saturday, 9-11 am; women's programming five days a week; full coverage of political trials on the one hour news cast daily from 6-7 pm; gay commentators every Sunday at 6 pm....new program "Oneness", from 1 pm-1 am on Saturday is programming for the minority community and is hosted by Roland Young and Glenn Howell.

KTAO-FM

5 University Avenue, Los Gatos 95030
(408) 354-6622

Listener-sponsored radio station which is willing to help new stations set up. They put out a booklet called Sex and Broadcasting which is available for \$1 and which tells how to set up a station or take over an existing one. Ask them to send you a program guide. They sell cheap radio time to individuals and groups.

KQED-FM

1011 Bryant St., SF 94103
864-2000, Ext. 231/864-9228

Any non-profit community group may apply to the station for a chance to air their own radio show on a regular basis. These are called Programs of Special Interest. Each show is about an hour or less in length. Non-English speaking community groups are also welcome to apply for a regular program. The station provides technical workshops and the use of its facilities. Minimal transmission and production costs are shared with the group doing the program. Examples of groups that have or have had programs are: Chinese Community, a Gay group with a program called Gay Cross, Umoja, a Black unity group, Weight Watchers, Alcoholics Anonymous, the Blind, etc.

Zodiac News Service

950 Howard St., SF 94103
956-3555

Provides a daily alternative service of News to radio stations throughout North America. "We provide an alternate news service to a minimum of 150 FM and college radio stations throughout North America. News packets are mailed daily." Also interested in establishing a correspondence network to proliferate alternate news.

more radio

File 74

KCBS News Radio

No. 1 Embarcadero Center, SF
982-7000

A consumer-oriented program designed for people who are having trouble with bureaucracies or businesses and who don't know where else to turn. No business is done by phone, but if you write your complaint to Fred Wilcox at the above address giving details of the situation, names, dates, and copies of relevant documents, a reply is guaranteed. If File 74 itself can't help you, it may refer you to someone who can. Interesting cases are described on Mr. Wilcox's daily radio program. You should allow some time because there is a backlog of material to look into. No unsigned letters will be dealt with.



RECORDS

Leopold's Records

2518 A Durant, Berkeley
848-2015

People's record store...50% of the profits go to expenses including store expansion and salaries, and the other 50% goes to the community in the form of donations and/or loans to such things as the Panther Breakfast Program, Free Clinic, etc...mark-up on records is 12%, typical prices are \$2.95...they've helped other stores get started.

Magic Flute

510½ Frederick,
661-4257

Best selection of used records at people's prices.

RECORDING

Melon Studio

1477 Fifth Ave., SF 94122

564-7397, Robin or Jay

"We feel we can produce good tapes for the least possible money, and thus bring the medium of recording into the reach of many more people. We charge \$3/hour for soloists, \$5/hour for more. Since most studios run from \$40-\$125 an hour, we think we are providing a good amount of equipment and services for a fair price. Cost of tape (about \$4) is not included."

Aquarius Records

4117 - 19th St. (at Castro), SF
863-6467

This shop advertises "new and used LPs at people's prices" and it's really true. Used records cost from 25¢ to \$1.98, and are generally in excellent condition. They're not all stuck in a corner either--they're arranged for the most part according to artist and are displayed throughout the shop. Most new records are \$3.19 or \$3.98. They also buy used LPs for up to \$1.00 each.

RECREATION

Golf

The SF Park and Recreation Department operates 6 municipal golf courses for the use of SF residents who are 18 and over and who pay a \$3 application fee. There are special fees and hours for using the courses if you're under 18. Reservations should be made in advance. The courses are:

Harding Park

672-9500

Sharp Park

751-2997

Lincoln Park

387-4422

Golden Gate

751-8987

Fleming

661-1865

McLaren

587-2425

A Playhouse With Children

2012 Pine St., SF

567-9877 (Anne or Pam)

Story improvisation through "languages" of expression (painting, dancing, music, poetry) "Our idea is to do away with the myth about 'art' and to bring these forms into relation to our daily lives." It will be a growing in communication and experiencing collective creation. Starts in June. "You can help form the Playhouse."

Recreation and Park Facilities

The SF Park and Recreation Department maintains playgrounds throughout the City and a complete listing is available at the Public Information Office in McLaren Lodge in Golden Gate Park. Most playgrounds have courts for basketball and other sports as well as organized activities such as crafts. Some of the playgrounds are listed below:

Bay View Playground 3rd and Armstrong

Bernal Recreation Center Moultrie and

Jarboe Avenue

Cabrillo Playground 38th Avenue near
Cabrillo

Chinese Recreation Center Mason and
Washington Streets

Funston Playground Chestnut and Buchanan
St. Mary's Recreation Center Murray St.

and Justin Drive

Upper Noe Playground Day and Sanchez St.

Handball

Golden Gate Park

Four courts adjoining "Big Rec" playfield on Middle Drive. Two are indoor, two outdoor. Open daily, 9 AM to dusk.

RECYCLING

HOW TO PREPARE SOLID WASTE MATERIAL FOR RECYCLING

CANS:

Rinse out and flatten cans. Labels and ends should be removed where possible. DO NOT PUNCTURE AEROSOL CANS.

BOTTLES:

Rinse out and remove any aluminum rings, foil or tin wrappings which may remain on the neck of the bottle. Labels may stay on. Metal jar and bottle caps may be included as tin, if they are free of inner coatings or rims of plastic, rubber, or cardboard.

PAPER:

Newspapers (Except for small community centers, the used paper market is glutted for now and the industry discourages all but its normal supply sources until further notice.)

There seems to be no main number for information about recycling centers so we were able to check only with those individual centers with listed phone numbers. We believe the rest of the information to be accurate but please let us know if any of the centers have closed.

ALL MATERIALS

San Francisco

Mt. Davidson area- 405 Teresita, SF or 25 Vista Verde Ct., SF...333-9372...9-12 the first Sat. of each month.

Balboa Baptist Church- 200 Onondaga, SF 94112...585-3778...8am-11:30 the second Saturday of each month...metal and glass only.

Lakeside-St. Francis Wood area- Commodore Sloat School, corner of Ocean and San Fernando Way...9-2 the first Saturday of each month..587-1966.

Mission District- Mission High School, Sanchez entrance (between 17th and 18th)...1st Sat. of each month, 8-12.

Richmond District- c/o Park-Presidio YMCA, 360 18th Ave., SF 94118...752-3557...every third Saturday of the month...locations (there are a number of them in the Richmond District) change frequently so call for the nearest one.

St. Finn Barr's School- 415 Edna Street, SF 94112 334-0826...10:30-2 the second Sat. of each month.

Alameda- South Shore Shopping Center...M-F from 3-7 pm and Saturdays from 1-5.

Castro Valley- Co-op, 3667 Castro Valley Blvd...582-7664...Sat. and Sun. 10-4.

San Leandro - call San Leandro Ecology Center at 635-8200.

Livermore - call the Valley Ecology Center at 443-LIVE.

Fremont- call 792-6413, Colleen Vitonelo.

Diablo Valley Area- call the Diablo Valley Recycling Center at Eco-Info of Walnut Creek, 937-0209.

Albany- University Village Recycling Center, 8th and Wilson...527-6265...2nd & 4th Sat. of each month...10-3.

Berkeley- Berkeley Ecology Action, Sacramento and University, Berkeley...843-1820. Saturday and Sunday from 10-5 or Ananda Marga Yoga Recycling Center, corner of Dwight and Grove, Berkeley...Tuesday and Wednesday from 11-4 or Northbrae Community Church, 914 The Alameda...1st weekend of every other month, 10-4...526-3805

Oakland- Plymouth Congregational Church, Oakland Ave. and Monte Vista...every Sun. 1-4 or Merritt College, Parking Lot B...7:30-noon, M-F and 10-4 on Sat. or Piedmont High School, 800 Magnolia Ave...653-6522...2nd and 4th Sun. of each month 10-3.

Orinda- Corner of Camino Pablo and Brookwood (former Orinda Willows Restaurant)...10:30-4:30, Sat. and Sun.

Fremont- Hub Shopping Center...M-F, 3-7, Sat. 1-5 and Tri-City Ecology Center, Meadow Square Shopping Center...657-9168...Sat., Sun. 10-4.

Hayward- Schaeffer Park Shopping Center, 426 West Harder Road...M-F, 3-7 and Saturday 1-5.

Concord- Ignacia Valley High School, Oak Grove Road...689-9230...24 hours a day.

Danville- San Ramon Youth Center, Diablo Road...689-9230...Saturday 10-noon.

Moraga- Earth-the-Ecology Movement, Campolindo High School, 300 Moraga Road...376-6036...24 hours a day.

Pleasant Hill- Diablo Valley College, Golf Club Road (near tennis courts)...689-9230...24 hrs. a day, and Pleasant Hill High School, 3100 Oak Park Blvd...689-9230...24 hours a day.

MORE RECYCLING

Burlingame-San Mateo- Firehouse Community Center
13889 Skyline Blvd...851-0558...24 hrs. a day.

Daly City- Skyline Environmental Action Committee, King Drive near Skyline...878-4129...
first Saturday each month from 9-noon.

Pacifica- Ecology Action, Intersection of Highway #1 and San Pedro Terrace (behind Linda Mar Shopping Center)...355-2851...Sat. 10-noon.

Santa Rosa- Sonoma County Recycling, Montgomery Ward Parking Lot...554-2001...first and third Saturday of each month, 10-4.

Walnut Creek- Los Lomas High School, Nursery Lane...689-9230...24 hours a day.

Ignacio- Pacheco Plaza...883-6623...Sat. 9-12.

Tiburon- Mar West at Paradise Dr...435-1203...
Saturdays 9-1.

Marin County High Schools...call for the one nearest you, 454-0770...Sat., Sun 10-4.

Palo Alto- City Dump at the end of Embarcadero...
Wednesday through Sunday 8-5.

NEWSPAPERS

Palo Alto- Community Association for the Retarded, 3864 Middlefield Road...328-0450...
Mon.-Sat., 9-5.

CARDBOARD AND SCRAP PAPER

Emeryville- Independent Paper Stock, 1550 Powell St...M-F, 7-3:30...call
654-3787 first.

PAYMENT FOR MATERIALS

Kaiser Aluminum- 33280 Central Ave., Union City.
471-2133...Mon. 1-4 and Fri. 9-noon or 177 South
Airport Blvd., South San Francisco...761-0511...
Mon. 12-3 and Fri. 3-7...10¢ a pound for aluminum only...must be smashed.

Lucky Breweries- 2601 Newhall Street, SF 94124...
467-2211...Lucky cans and bottles only...25¢
for every case of 24 bottles and 12¢ for every
case of 24 cans...Thurs. and Fri., 10-2 and
Saturdays from 10-4.

Reynolds Aluminum- 400 Block of Tunnel Ave...
467-9798...Tues.-Sat., 9-4:30...10¢ a pound for
aluminum cans and household aluminum scraps.

Call other bottling and canning places in your
area to find out if they pay for cans and/or
bottles.



resi- dence clubs

Residence clubs are a somewhat unique institution in San Francisco. These are privately owned places where people who are new to the City sometimes live for awhile until they meet a potential roommate or find a place of their own. The clubs vary greatly and there are a number of them. Check under "residence clubs" in the phone book to find addresses. The general arrangement is single and double rooms with a common dining room. Size of the clubs vary from under 20 residents to over 200. Some are solely for young people, some mixed, and some for older folks. Some have a very lopsided male-female ratio. The resident pays for room and board, generally on a weekly basis, so if you don't like the place you picked you can move out at any time. The best thing is to visit several and find the one that best meets your needs in terms of cost, types of people living there, location, etc.

RESTAURANTS

Good Karma Cafe

501 Dolores (at 18th-across from Mission Dolores Park), SF

621-4112

Open from 5-10 pm for dinner and from 10-11 pm for snacks and munchies. Closed on Mondays. This is a vegetarian restaurant--they're into grains and vegies. Pleasant atmosphere. "Join us for dinner."

Acme Metal Spinning Works Cafe

3917 24th St., SF 94114

VA 4-3555

Excellent food at reasonable prices. All food is home-cooked and materials are as natural as possible to obtain. Lunch (11-6): soups, salads, sandwiches; dinner (6-9): special evening entree, omelettes, super bean. Open late for wine, steam beer, desserts, etc.

Sunshine Juice Bar Restaurant & Catering

1718 Polk Street, SF

441-3313

Specializing in organic vegetarian dishes and vegan dishes (a diet containing no animal products at all, thus excluding dairy products). Open 10 a.m.-8 p.m./7 days a week.

Osoba NoodleNook

2505C Hearst Ave., Berkeley

848-2511

Macrobiotic restaurant in the North Campus area.

Good tempura.

Cornucopia

1405 Bush St., SF

474-9558

An organic restaurant which carries sandwiches, vegetable and fruit salads, yoghurt shakes, juices, mu and yogi tea, honey ice cream. Open daily from 11 AM to 8 PM.

Arbor Cafe

1956 University Ave., Berkeley

841-8413

Run by followers of Meher Baba. Soups, salads, steamed vegetables, baked goodies. Small and friendly. Open Mon-Sat from 11-4 and 5-9.

Resh House

267 Shoreline Highway, Tam Valley 94941

388-9298

"Entertainment--natural and organic foods, pastries, espresso, teas--and a high atmosphere. We are a new age entertainment, food, education, and community center.

Diamond Sutra Restaurant

749 Diamond St., SF 94114

285-6988

Good homemade food, fresh and creative. Full dinners \$5.95 (for soup-salad-bread entree). "We try to create an atmosphere where people of all kinds can relax, enjoy good food and good company..."

Ali Baba Cafe

256 Shoreline Highway, Tam Valley 94941

388-9927

Organic and natural foods such as soya macro burgers, avocado and sprout sandwiches, salads, soups, fruits, drinks, teas, and pastries.

Loaves and Dishes

2314 Bancroft (upstairs), Berkeley

Natural foods lunchroom. Whole grain breads baked daily. Soups, salads, sandwiches, yogurt, fruit, herbal teas. Complete meal for under \$1.

One World Family Natural Foods Restaurant

2455 Telegraph Ave., Berkeley

848-9613

Full-course vegetarian lunches and dinners served in a futuristic, otherworldly atmosphere.

Reasonable prices. Live rock music evenings.

Ma Revolution Natural Foods

2566 Telegraph Ave., Berkeley

548-6761

A complete store which shares a building with craft shops and a natural food restaurant. Together they make up C.J.'s Garage. Ma's prices are maybe the best in town.



SACRAMENTS

Rabbi Eli Burkow

5727 Mission St., SF 94112

584-2164

Non-establishment weddings of all kinds and shapes. "I am not a priest-rabbi. I try to be a person-rabbi. I want to tune in to where you are in the world so that we can go together and do a wedding which celebrates just this -- your love and where you are in it. Fee depends on you and me."

Church Sacraments

St. Procopius Church, P.O. Box 40482, SF 94140
386-4733

Arrangements for free baptisms, funerals, and weddings...also traditional Catholic masses... services are fully legal and performed by ordained ministers and priests in the church or park of your choice...call between 10 am & 6 pm.

Bay Area Funeral Society

P. O. Box 264, Berkeley, Ca. 94701

A membership organization (\$15 for a lifetime membership) which works with certain mortuaries to provide really low cost funerals. "...it is a primary function of our society to acquaint people not only with the problems surrounding death, but also with relevant information prior to such a crisis so that decisions can be made in an atmosphere free of emotional stress and vulnerability." Send for their brochure.

The following list was furnished by Herb Childs, something of an expert on second hand and "scrounge" shops, as he calls them. We have not checked them out personally, in most cases, and would appreciate feed-back on what you discover...

BERKELEY

Berkeley Community Thrift Shop
2049 San Pablo (nr. University)
Open Tues-Sat, 11-5

Nearly New Shop
2433 Shattuck (at Haste)
848-9481
Open Mon-Sat, 11-3

Goodwill
3215 Adeline (nr. Alcatraz)
Open Mon-Sat, 9:30-5

United Voluntary Services Thrift Shop
2163 Shattuck (nr. Center)
843-4461
Open Mon, Wed, Fri, 10-4:45

Turnabout Shop
Berkeley Clinic Auxiliary
1801 Grove (at Delaware)
845-2120
Open Tues, Thurs, Sat, 11-3

Society of Sons of Solomon Thrift Store
1284 San Pablo (at Gilman)
527-5808
Open Mon-Sat, 9:30-6

St. Vincent de Paul
2009 San Pablo (nr. University)
841-1504
Open Mon-Sat, 9:30-5:30

Rummage Room
1968 San Pablo (Nr. University)
845-2280
Open Mon-Sat, 9:30-5

Mobilized Women of Berkeley Thrift Shop
East Bay Assoc. for Mentally Retarded
1001 University (nr. 9th)
841-1406
Open Mon-Sat 9:30-4

Economy Corner
Children's Hospital of the East Bay
3212 College Ave. (at Alcatraz)
654-4237
Open Wed-Sat,

second HAND

OAKLAND

Value Village Thrift Store
Retarded Children's Organization
6624 San Pablo
653-5611
Mon-Sat, 9-9

St. Vincent de Paul
5843 San Pablo
655-8560
Mon-Sat, 9:30-5

Cottage Thrift Shop
Children's Hospital of the East Bay
5202 Grove
Mon and Thurs, 10-3

Pine Branch Thrift Shop
Children's Hospital of the East Bay
5112 Grove
Mon and Thurs, 10-3:15

Bee Hive Store
Lincoln Child Care Center
5921 College
832-4209
Tues-Sat, 12-3:30

Salvation Army
5854 College (at Chabot Rd.)
654-9257
Mon-Sat, 9:30-5

Opportunity Shop
Women's American O.R.T.
5809 College
654-9155
Mon-Fri, 10-3:30, Sat, 10-3

Civic Center Hospital Thrift Shop
344 40th St.
653-1481
Mon-Fri, 10-4, Sat when possible

Volunteers of America
478 9th St.
832-9214

Cerebral Palsy Bargain Spot

372 40th St.
658-6851
Mon, 10-3, Tues-Sat, 11-4

Economy Corner #2
Children's Home Society
2440 Telegraph
451-0266
Tues-Sat, 11-3

St. Vincent de Paul
2272 San Pablo
834-4647
Mon & Fri, 9:30-8:30; Tues, Thurs, Sat, 9:30-5:30

The Shop
Junior League of Oakland
536 15th St.
451-2704
Tues-Fri, 10-4, Sat, 10-1

St. Vincent de Paul
523 11th St.
893-7486
Mon-Sat, 9:30-5:30

Church Sales Store
811 Washington St.

Peniel Mission Thrift Store
726 Washington St.
452-3758
10-5, Mon.-Sat.

Salvation Army
601 Webster at 7th
451-4510
10 AM to 9 PM, Mon. & Fri.; 10-6 Tues.-Thurs. & Sat.

Salvation Army Antique Shop
301 7th St. at Harrison
452-0858
10-5, Tues-Sat.

Goodwill
212 9th at Jackson
451-8786
9:30-5:30, Mon.-Sat.

SAN FRANCISCO

Second Hand Rose

3326 - 23rd Street, SF 94110
285-6077

"Here you'll find a Victorian house and a pot pourri of apparel, accessories, and jewelry from now and the funky past for women and children. Prices are reasonable and quality is very good. The items sold are purchased from people who come in with things to sell. The things are left either on consignment (50/50) or are purchased outright. Items must be fashionable, clean, and in excellent condition. The shop is open 11-5:45 daily except Tuesdays and Sundays. Friday evenings the store is open from 7-9 pm.

Third Hand

1839 Divisadero, SF
567-7332

Relaxed but busy shop. Buys and sells old things with period flavors. Most of the stock is small artifacts, but there is some furniture. Good values, some ethnic items. Heavy trade in antique and old clothes, fabrics, and jewelry.

Town School Clothes Closet

3325 Sacramento, SF
567-1110

Mostly second-hand but some new items, especially clothing, knick-knacks, books and toys. All merchandise is donated and tax deductible and proceeds go to the scholarship fund of the Town School for Boys, which helps children of all races, religions, etc. Open Mon.-Sat., 10-4.



Volunteers of America
2300 E. 14th St. (As-is
shop at end of block on
23rd) 536-0123

Peniel Mission Thrift Store
4404 E. 14th St.
533-1211
9:30-4:30 Mon-Sat.

Seek and Find Thrift Shop
Church of Religious Science
4009 MacArthur Blvd.
530-2730

Salvation Army
4251 MacArthur Blvd.
532-9921
9-5:30, Sat & Mon; 9-6,
Tues-Fri.

Society of Sons of Solomon
Thrift Store
5219 Foothill Blvd.
532-4151
10-6, Mon-Sat.

Volunteers of America
5783 Foothill Blvd.
569-9739
9:30-4:50, Mon-Sat

St. Vincent de Paul
8909 E. 14th St.
562-1761

Goodwill
9200 E. 14th St.
9:30-5:30, Mon-Sat

St. Vincent de Paul
9235 San Leandro St.
638-7600

Value Village
875 Main St., Redwood City
368-5767

Repeat Performance
801 El Camino, Menlo Park
322-3657

Market of the Flea
545 Emerson, Palo Alto
325-0116

Medical Mission Sisters
201 Hamilton, Palo Alto
321-8616

Goodwill Stores
2846 Middlefield, Palo Alto
327-7074
1531 Main St., Redwood City
368-6421

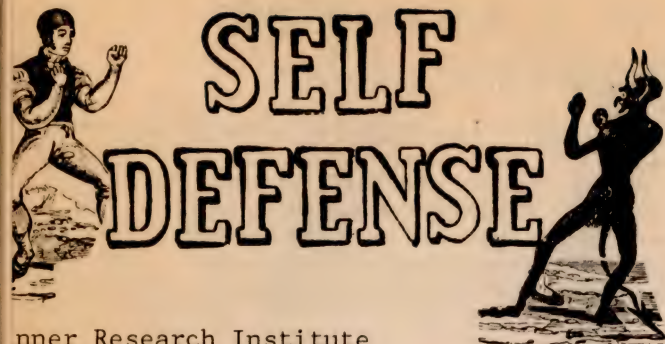
Salvation Army Store
1509 Main St., Redwood City
368-5132

Second Edition
707 Colorado, Palo Alto
328-1610

Menerton Shop
1025 El Camino Real,
Menlo Park 325-8300

Bargain Box
318 Cambridge, Palo Alto
326-0458

PENINSULA 106



SELF DEFENSE

anner Research Institute
School of T'ai Chi Ch'uan
31 Hayes St., SF
21-2681

Instruction in T'ai Chi Ch'uan (Chinese Yoga), including single and double movements, hand pushing, Ta Lu, yielding, adherence, and discharge. Teaching the original long form of the Yang style. As our headmaster, Chu Ch'u-Fang says about the cultivation of true intelligence, 'The less intelligent you are, the more you have to think, the more intelligent you are, the less you have to think.' This means co-ordinating with the universe rather than conquering it."

Women's Self-Defense

Basement of 1st Baptist Church, S.W. corner of Haste and Dana, Berkeley
43-9641, ask for Wendy or Sonia
Classes which emphasize self-defense rather than ritual. Drop in to the Church on M,W, or F to find out about new classes. Cost is about \$3 a month for 3 lessons a week. Each lesson is usually about 2 hours long. Open to women only.

New Age School of Self-Defense

142 Fillmore St., SF
67-6262
A people's self defense school with "no uniforms, ranks or trophies to compete for. Emphasis is strictly on personal development." Karate is taught as a physical, mental and moral culture. "The purpose of this art is not and never was one of aggression or competition, but of self-defense and self contemplation."

United Projects Building Martial Arts School

330 Grove, SF 94102
364-9115
Classes is self-defense...call to find out details.

Western Addition School of Self Defense

1212 Divisadero 94115
564-1509 (Willie Davis)
'Learn self defense while developing better physical condition.' Taught by Teruji Nagaoka, fourth degree black belt from Japan. For men, women and children. Mon.-Fri., 4:30 to 6:30, Saturday, 11 AM to 1 PM. Other hours can be arranged.

San Francisco Home Health Service

2940 Sixteenth Street, SF 94103
864-6470
Homemaker/Home Health Aides provide light housekeeping, cooking, shopping, and assistance with personal care for the elderly and/or chronically ill. Fees are based on the ability to pay when services cannot be charged to other resources such as Medicare. To register, call and say where you live and the operator will direct your call to the appropriate team.

Senior Center

1849 University Ave., Berkeley
848-0343
A drop-in center with many free activities on a regular schedule. Information, recreation and education programs include: health aid and education, social get-togethers, foreign language classes, chess (with instruction), folk dancing, and crafts such as ceramics and knitting. Lunch is served daily for 50¢. A program of the City of Berkeley Dept. of Social Planning.

Palo Alto Senior Adult Drop-In Center

All Saints Episcopal Church
Hamilton at Waverly, Palo Alto
"Drop in to rest, meet old friends, make new friends, get information and help".
Open M-F, 10-4.

Senior Action Project

540 21st St., Oakland
832-4877
A five-day-a-week adult center open to the public; there are also 13 other locations where activities take place--in churches and community centers. Programs include social get-togethers, art classes, films, weaving, stichery, knitting, lip reading and classes for the hard-of-hearing. Also, there is outreach by senior aides into the community to determine their needs and put them in touch with existing services in the community. The project is a social service agency of Oakland funded by a Federal grant. Call or write for schedule of activities.

Where to Turn (for Health, Home, and Related Services)

Senior Service Room, Downtown Library
270 Forest Avenue, Palo Alto 94301
329-2308
A free directory of services for senior adults in Palo Alto, Mountain View, Los Altos, and Los Altos Hills.

Meals on Wheels of San Francisco, Inc.
2940 16th Street, Suite 301, SF
864-6470

Volunteers deliver meals to the homebound from neighborhood centers at a cost of \$1.50 a day for 3 meals. They serve, at this time, residents of the downtown area, Sunset, Richmond, and Cathedral Hill (including the Polk area and part of the Western Addition). They also hope to soon be serving residents of the Mission. Meal delivery can be on a long term basis or temporarily, depending on the needs of the recipient. Three meals a day can be provided or less. Interested persons should phone and leave their names. A volunteer will contact them to discuss the program. Sometimes a subsidy can be arranged if the recipient cannot afford the whole cost of the meals. There are no age or economic restrictions.

Self Help for the Elderly
#3 Old Chinatown Lane, SF
982-9171

A program to help the elderly poor overcome problems of poverty and inequities. Hot, nutritious brunches offered 5 days per week for 25¢ a day. 2 meals a day are delivered to the homebound at a cost of \$1 a day. Also available are programs in consumer protection and education and a 10% senior citizen discount. Open 5 days a week from 9-5.

San Francisco Senior Citizens Centers
There are a number of centers located all over the city that have activities designed for senior citizens. A listing of these centers is available in McLaren Lodge in Golden Gate Park.

Little House
800 Middle Avenue, Menlo Park
326-2025

A multipurpose senior center which provides educational, cultural, recreational, and community activities and services.

Free Seminars on Life After Work
Faculty Program Center, SF State College
19th & Holloway, SF 94132
469-1205

Pre-retirement seminars for people who are forty or over. "For the mature person who is still willing and able to take risks, to change and continue developing, the after-work years can be a uniquely fulfilling time." Various sessions will include: attitudes toward work and retirement, changes in family relationships, use of free time, maintaining health and zest for living, legal affairs, living arrangements and housing, maturity and sexuality, and financial considerations.

CITIZEN

SEWING

Sewing Machines

The people listed below have been doing research in several areas including sewing machines, sewing schools, sewing machine repair, etc. They sent The People's Yellow Pages some great information about places they've contacted but since there was so much, we suggest that you contact them directly:

Systems Analysis and Communication
2127 Fillmore Street, SF 94115
922-5048

sexual freedom

Sexual Freedom League
P. O. Box 14030, SF 94114
665-5260

Activities five nights a week at the Humanist House, 125 El Camino Del Mar, SF--massage, encounter groups, figure drawing, yoga, women's rap group. On weekends there are social functions with no taboos against sexual expression (except coercion). Open house on Sunday at 8 PM.

EROS

San Francisco State College
Modulux 7 & 8
586-4047

An education and referral organization for sexuality. Counseling, raps, films, a library, are available to SFSC students. Open M - F 9 - 4 pm, plus Mon & Thurs evenings 6 to 8 pm. Send for their brochure.

SHOPS

Dandelion
3381 Sacramento, S.F.
563-8747

Books, toys, cards, candles, coloring books, kitchen utensils, woks, oil lamps, plants, decoupage, etc. -- an unusual assortment. "We buy carefully, trying to maintain quality at fair and reasonable prices." Open Mon. - Sat., 11 to 6.

East of the Sun
3850 23rd St., SF
824-2571

An interesting shop selling folk art and clothing, old-fashioned toys and children's books, organic lotions, American Indian goods, and select books. They specialize in books on American Indians, handicrafts, herbs, and natural lifestyles. A discount of 10% is offered on book purchases over \$10 and 20% for book purchases over \$50. Unusual things from many peoples of the world. Prices seem really fair. Open from noon to six Monday through Saturday.





Old Stuff

1728 Divisadero St., SF
931-8860

A whiff of incense at the door starts you through roomfuls of almost anything you can imagine anyone collecting. A place to explore. A visual trip with a period aura, from camp to antique. They will buy old things from you. Open 12-5:30, Monday through Saturday.

Open Bazaar

Tam Junction

256 Shoreline, Mill Valley

In the parking lot of a shop selling persian rugs, half a dozen stalls have been built where craftsmen will be selling handmade candles, tie die shirts, jewelry, brass and copper ware and lots of other things every day this summer. Next door is an organic cafe. Stop by on your way to and from Stinson Beach.

The Smithy Handcrafts Co-op

2011 Fillmore St. (near Pine), SF
563-4188

A craft co-op which owns a shop carrying men's and women's clothing, candles, jewelry, pottery, and craft supplies. They are looking for things to take on consignment. Members take turns "minding the store" once a week, which keeps them in touch with the community and its needs. Prices are very low. Free crocheting and macrame lessons on Wed. and Sat. from 1-4. "We are looking for new members. Please come talk to us, Mon.-Sat., 11-6."

Sensemaya

1718 University Ave., Berkeley 94703
843-0790

Handmade clothes, crochet, weaving, quilts, jewelry, ceramics, tie-dye and batik.

West of the Moon

3464 Sacramento Street, SF
922-4650

The complement to East of the Sun; this is their new gallery. It specializes in American Indian arts and has a large collection of heirloom jewelry, folk costumes and embroideries, weaving and decorative arts of many cultures. Changing shows are presented on the balcony. Look at and enjoy these vanishing examples of traditional arts, many of them of museum quality. Prices reflect this. Open from noon to 5:30, W-Sat.

Snailspace

4290 24th Street, SF
826-3184

Sandals which start at \$14, belts, purses, etc. Leather pieces which have been bought in large quantities so they are cheaper. Has things on consignment that women have made. Call to find out when they're open. Will barter.

The Old Library

(at the turn in Wharf Road)
Box 478, Bolinas, Calif.
868-0180

Handmade things...mainly by local craftsmen, craft and art supplies, antiques, musical instruments and supplies, records and clothes. They also hope to be a learning center for people who want to open up to new forms of expression.

Priscilla's Pendant

Antiques and Whimsical Junque

301 Chenery St., SF
334-4656

"Antiques--toe-tapping 20's, threadbare 30's, funky 40's--they're all here! Precious one-of-a-kind items. Furniture...rugs...ritzy old clothes and jewelry. Nostalgic old postcards and brass beds. Prints and dozens of frames...A funky trip into the past, free coffee, and the prices are right."

Peace Union--Dove Store

424 Lytton, Palo Alto
325-3765

A handcraft store which serves as peace organization headquarters. Pottery, prints, jewelry, candles, cards, toys and creative clothes are sold on consignment by peace-minded artists. Staffed by volunteers. All store profits go to peace movement.

Cathexis

3927 24th Street, SF
648-2414

A sales outlet for area artists and craftspeople, charging one third commission on what they sell. A place to find special handcrafted gifts. They also have a lot of craft supplies. There also is a bulletin board and free clothes barrel.

Homes of Charm

1544 Church St., SF
647-4586

Antique furniture, country kitchen things, old hardware, gas and electric light fixtures and much, much more at reasonable prices. Open 12-6 pm, M-F.

Lux Antiques

355 Presidio (at Sacramento) SF 94115
922-9879

"We recycle articles, practical and/or beautiful" for the body and the home (old clothing, jewelry, furniture, objets d'art, etc.).

Lita Rosen: "Lita's"

1224 9th Ave., SF (near Lincoln Way)
566-5655

A boutique shop which sells handmade clothes, jewelry, knit and crochet items, candles, incense, etc.

Walk-Wait

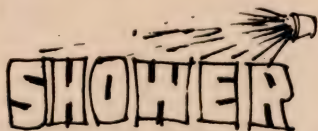
3376 Sacramento, S.F.
563-5234

"One of the strangest collections of funky Americana, specializing in 'all the things that made the National Product Gross' -- traffic lights, billboards, containers and bottles, mannequins, pop items, plus new things all the time." They try to buy at surplus prices and pass on the savings. Will trade. A feast for the imagination, open Tues. - Sat., 11 - 6.

Salutation to the Sun

755 Loring, Crockett, Ca.
787-9943

A place to meet, rap, learn macrame (free), exchange ideas, have free coffee or tea. Pottery, candles, jewelry, weaving, macrame; terrariums by local craftsmen for sale at reasonable prices. (They are also into trading). Macrame supplies, dyes, books, etc. Open Tues.-Sat. 10-6.



Free Showers

Available in the public park building at the corner of Chestnut and Buchanan Streets in San Francisco. The building is open from 10-10.

Lifeline Mission

917 Folsom (at Fifth), SF
392-2220

Free shower, shave, and change of clothes every day from 9:30 to 11:30 am.

Berkeley Youth Hostel

711 Harrison St., Berkeley
526-9963

Free showers and luggage storage. Also, housing for transients and emergencies.

Anchor Rescue Mission

1253 McAllister, SF
567-6146

Free shower, shave, and change of clothes on Mon., Tues., and Wed. from 3-5 pm.



Sign Painting & Lettering Calligraphy & Graphics

*Mike Dieringer
1242 Broadway
tel. 474 8124*

SINGLE PARENTS

Maternity Homes

Maternity homes are places where single mothers can stay prior to delivery. Grade and high school classes are offered as well as casework services, vocational counseling, information on childbirth, pre- and post-natal care, and activities for residents. Women can enter at any time. Fees are based on income but people without any money are accepted too.

Florence Crittenton Home

850 Broderick, SF
567-2357

Florence Crittenton Home offers comprehensive help, including residence, to single, pregnant women, single mothers, their families, boy-friends and other related people. Infant day care services are also available.

St. Elizabeth's Infant Hospital

100 Masonic Ave., SF
567-8370

Home for unwed mothers and their babies.

Lesbian Mothers

651 Duncan Street, SF 94131
824-2790, Del Martin

"We're trying to put lesbian mothers in touch with each other for mutual support. We're also following lesbian mother's court cases. Occasional picnics, socials, and ongoing consciousness raising groups."

Parents Without Partners

Branches located throughout the Bay Area; look in the phone book...aims at providing companionship for the single (divorced, widowed, unmarried) parent...lectures, discussion groups, dances, activities for children.

The Single Parent Service

Florence Crittenton Home, 850 Broderick, SF 567-2357, Mrs. Vinsant
Informal group meetings every other week for single parents...counseling...newsletter with listings of people needing roommates, babysitters, etc...no fee...ask to be put on the mailing list and you will receive the newsletter which tells when the meetings will be.

SPERM BANK

Genetic Laboratories, Inc.
450 Sutter, Suite 1812, SF
989-5945

This lab freezes and stores semen. This would be useful for men considering vasectomies, for men involved in high risk occupations (professional athletics, nuclear research, and war, for example), as a means of storing sperm for later insemination in cases of infertility, etc. They prefer to take patients as referrals and most cases would involve the use of the lab in conjunction with visits to a doctor. There is a storage fee as well as fees for services performed. Fees can be paid in monthly installments with no interest.



Wine Art

Supplies everything for home wine making, beer brewing, soda pop making and bread baking. Wine making is their speciality. "Anyone who mentions the People's Yellow Pages will get a free Wine Art Handbook." (Usually 50¢). There are a number of locations in the Bay Area:

San Francisco

4324 Geary, SF 94118
221-5137

Los Altos

Village Corners Shopping Center
San Antonio and El Camino
948-4923

San Jose

1876 W. San Carlos
294-7321

Sausalito

301 Harper Drive
332-9118

Wine and the People

Carries all the essentials for home brewing and wine making, supplies as well as ingredients--barrels, bottles, malt, grapes, etc. They also have information and recipes to help beginners get started in brewing...pleasant atmosphere.

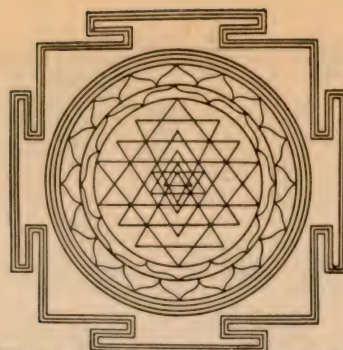
Two locations:

Berkeley

1140 University Ave. 94702
549-1266

Walnut Creek

2030 North Main 94598
934-4266



SPIRITUAL GROWTH

International Society of Krishna
Consciousness

455 Valencia, SF 94103
864-9233

"Hare Krishna" devotees are the ones you see on the city streets--chanting and dancing in their golden robes. They offer free classes every evening at 7 in "the yoga of love and devotion" and Vedic literature. There is a vegetarian Indian feast every Sunday at 4 PM at the temple. This is free but donations are requested. Every summer they have a huge festival in Golden Gate park which is attended by 25-50,000 people.

Student International Meditation Society

Teaches transcendental meditation as taught by Maharishi Mahesh Yogi--"a very simple, natural mental process aimed at expanding full mental potential and creativity while gaining very deep rest." Classes held at:

775 Sutter, Palo Alto 94306	328-4888
2334 Price Way, San Jose 95124	(408) 377-4910
254 Throckmorton, Mill Valley 94941	883-1151
22255 Main St., Hayward 94541	581-6689
Berkeley - call for address	548-1144

Sufism Reoriented

1290 Sutter, SF 94110
441-8101

According to the teachings of Meher Baba the most direct path to self-realization is love. Meetings generally take the form of an introduction to Baba and his work. There are talks, readings, films or slides in an informal atmosphere, often ending with tea and cookies and discussion.

House of Love and Prayer

1456 9th Avenue, SF 94122
731-2261

"The House of Love and Prayer is a group of young Jews, most of whom were turned off by the emptiness of established Jewish institutions. Mornings, a few people get together to study the Bible. Hebrew instruction and other study groups can be arranged...Sabbath is welcomed with warm lights, prayer, stories from Hasidic masters, chant-like singing and dancing. When Rabbi Shlomo Carlebach is in SF, he holds open classes at the House. A counselor is available for rapping, job help, and referrals. Everyone is welcome to join us."

Tibetan Nying Mapa Meditation Center
2425 Hillside Ave., Berkeley, Ca. 94705
549-1618

Tibetan Buddhism from the mountains of Tibet. Classes are offered in Buddhist philosophy and psychology and various practical techniques and rituals.

Blue Mountain Center of Meditation

Box 381, Berkeley, Ca. 94701

Its aim is to bring the ancient Hindu art of meditation out of the hermitage and into the midst of life. The practice involves daily meditation and repetition of mantram. The approach is nondogmatic and nonritualistic.

Kailas Shugendo

2362 Pine St., SF 94115
922-5008

Shugendo is an ancient mountain religion originating in Japan. It is of Buddhist tradition but has taken its teachings from from many sources.

Spiritual Community

P.O. Box 1080, San Rafael, Calif. 94902
453-9489

A non-profit spiritual center and community which has put together the Spiritual Community Guide--a truly well-mapped path. (See "Publications" for more detailed description of the book.)

Stained Glass

Peter Mollica

1940-A Bonita Ave., Berkeley
849-1591

"I make stained glass windows of my own designs. I also have a shop where I sell supplies and teach classes in basic stained glass techniques. I love doing what I do, and am glad to talk to others about it, Tues. - Fri. 2 'til 6 p.m. or Sat. 11 'til 6 p.m." Classes are \$40 for 5 sessions, window prices depend on design.

David Arnold

1331 Kearny, SF 94133
392-3037

Weekend workshops in stained glass techniques... cost is \$30 which includes all materials...participants bring something for a pot luck lunch...workshops limited to 12...call to find out when they will be held and make a reservation.

Henry McLain

1644 A Filbert St., SF 94123
441-2561

Stained (leaded) glass windows designed and executed at low prices...open to trade...willing to teach his skills at a price you feel is fair.

SUICIDE PREVENTION

Suicide Prevention of San Francisco
221-1424 or 752-4866

Contra Costa Suicide Prevention Service

P.O. Box 4852, Walnut Creek 94596

939-3232 (Enterprise 1-3456 for Richmond, Pittsburg, and Antioch)

24 hour crisis intervention telephone counseling. "A listening ear for troubled people." Callers are referred to resources in the community for additional help. They hope to soon initiate a counseling service for survivors of suicide attempts who desire it.

Santa Clara Suicide Prevention

287-2424, San Jose

24 hour suicide crisis telephone service.

Suicide Prevention of Alameda County

849-2212

24 hour service.



Most cities have city-run public swimming pools. Some have indoor pools that are open year round. Many offer suit and/or towel rentals. Check to see if the pool you go to offers free swimming and/or lifesaving classes as many do. Most charge a nominal fee ranging from about 10¢-50¢ per swimming session. To find the pool nearest you, check in the phone book under the name of your city. Usually the swimming centers are run by the park and recreation department so they will be listed under that department.

YWCA

620 Sutter, SF
775-6500

When not in use, the pool at the YWCA is available for group use at very low rental rates.

Golden Gate Chapter, National Red Cross

1625 Van Ness, SF
776-1500, Ext. 331

Classes in Jr. Lifesaving, Senior Lifesaving, Water Safety, Swimming Instruction for the Handicapped, rowing, canoeing, sailing, etc. Call for hours and places of classes. All are free except when a textbook is required.

Sunjammer - the Los Gatos Switchboard
P.O. Box 989, Los Gatos, California 95030
354-6149

Drug and crisis intervention...legal and medical referrals...entertainment and community service information...rap exchange--jobs, rides, buy and sell, musicians, crashpads...open from 2 pm to 2 am...approved for Alternative Service.

The Switchboard

457 Kingsley, Palo Alto 94301
327-9242

24-hour crisis phone...short term counseling...referrals...crisis intervention.

Santa Clara Switchboard

244-5463
Information, communication, and referral service for the youth and adults of the city of Santa Clara...drug information, draft counseling, parent-child relationships, rap lines, entertainment, employment opportunities, school problems, and legal binds...phone is in operation from 3 pm to midnight every day except Fridays and Saturdays when the hours are noon to 2 am.

Connect

328-4357, Palo Alto
Referral service and people available to rap with. Open from 12-12 every day and all night on weekends. Need funds and volunteers.

Western Addition Information Line
United Projects

330 Grove St., SF
864-9115

For information about emergency help, legal aid, free medical assistance, crash pads, free food, child care, youth centers, etc.

Damien House Switchboard. San Mateo
319 Villa Terrace, San Mateo 94401
348-7000

Housed in San Mateo's Damien House, this 24 hr. daily switchboard is all-purpose, but deals largely with information referral. Some crisis work.

San Francisco Women's Switchboard
771-8212, SF

Information on women's activities and referrals for the Bay Area. Also information on men's liberation groups and vasectomies. See "Women".

Whole Earth Switchboard

2811 San Carlos Ave., San Carlos
592-4357

Serving primarily San Carlos and Belmont, this switchboard offers 24 hour information, referrals, and lay counseling.

Damien House Switchboard, Daly City

45 Southgate Ave., Daly City
992-5600

A 24 hr. daily telephone service staffed by about 35 volunteers and one paid director. They deal with rap calls (people who just want to talk), information and referrals (to closest resources), and crises (runaways, drug overdose, suicides). They also have a Speaker's Panel.

Daly City Information and Referral Center
6634 Mission, Daly City
992-9414

Intended mainly for low-income residents of Daly City, this switchboard has information about Food Stamps, Welfare Rights, employment, housing, emergency food and medical services, and legal aid. Open from 8-5, M-F.

Uniteen Switchboard
864-8336, SF

A project of the Archdiocese of SF which acts as a source of information on positive activities available to youth in the SF area. Also, referrals to health facilities, drug treatment centers, etc.

They publish a weekly calendar of youth-oriented activities and encourage social and/or political involvement.

Volunteers or COs seeking alternative service are welcome.

Drug Communications Inc. Switchboard
295-2938, San Jose

A 24 hour telephone communications service offering information on entertainment, transportation, housing, jobs, referrals, etc.

112

Haight-Ashbury Switchboard

1476 Haight (at Ashbury) in the H.A.N.D. Office
864-1446, SF

This switchboard is open from 10-10. They can refer people to just about anything they need (cheap movers, counseling services, drug treatment, places to crash, etc.). They need people to volunteer to work at the Switchboard and they also would like people to let them know what resources and abilities they want to share with the community.

Student Advice Center of City College, SF

50 Phelan Ave., SF 94112

587-7272 Ext. 535

"We want to provide helpful information and services for students attempting to cope with the bureaucracy of City College. We have legal and referral services, draft counseling, publish a student bulletin, and can help out with directions and counseling.

FISH

2325 Union St., SF 94123

346-6600 (FISHLINE) 921-3665 (Office)

A switchboard open from 9-12 am and from 7-10pm.

Call in with problems, for referrals, etc.

Sometimes volunteers will help in emergency situations with babysitting, transportation, etc.

Society of St. Francis

573 Dolores, SF

861-1372

Crisis line from 8 am to 10 pm every day...

all sorts of emergency help, counseling, and referrals.

Project Outreach Community Switchboard

365-CARE, Redwood City

24 hour phone for crisis intervention and referrals.



Community Switchboard

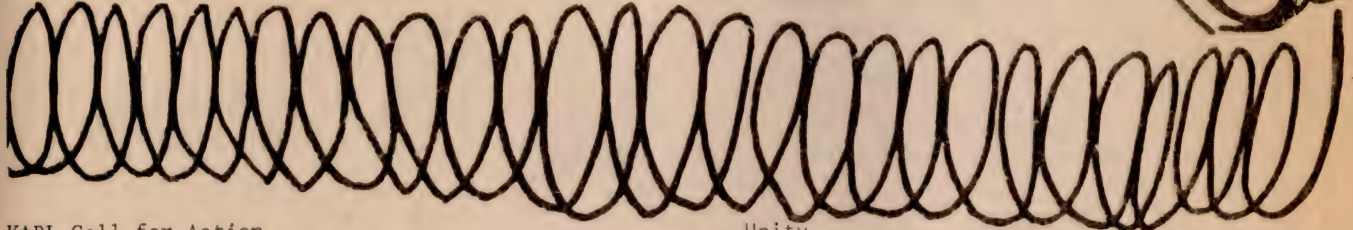
469-2047

Open evenings during the summer. The switchboard serves as central information center for the campus at SF State and the immediate community. Operators are trained to deal with crisis situations and to refer to various problem solving centers in the city.

Ecology Switchboard

Berkeley Ecology Center
2179 Allston Way, Berkeley 548-2220

Deals with questions relating to the environment.



KABL Call for Action

398-5225 (S.F.) and 465-5500 (East Bay)

Open from 10:30 a.m. to 1 p.m. M-F, this is a referral service which is open to all and has no fee. Lists of counselling services, medical facilities, etc. No commercial or individual listings.

Chinese Newcomer Service Center

1042 Grant Ave., Rm. 402, SF

421-0943

A bi-lingual, 24 hour switchboard for anyone, but particularly for those of Chinese origin. Referrals and information on matters concerning housing, health, recreation, the law, youth, etc.

Men's Switchboard

2700 Bancroft Way, Berkeley 94704

549-0649 (Berkeley Switchboard) 10-10

Information about men's small groups and male consciousness raising activities and publications. Leave your name and number and they will call you back.

Unity

2566 Telegraph, Berkeley (C.J.'s old garage)
841-4627

Unity supplies information on jobs (skilled and unskilled), rentals (houses, apartments, and sharing places), a mailing address and phone message service. Any or all services are \$5 per month. People have access to all information before paying. It costs nothing to list information. They connect skilled non-union workers (carpenters, painters, plumbers, electricians) with people who can't afford union prices. They would like to try a Berkeley ride service.

Switchboard of Marin

43 Mariposa, San Anselmo 94960
456-5300

Part of the Family Mix...Drop-in center...Referrals...Bulletin boards which list jobs wanted or available, housing wanted or available, etc. Open from 9 am-9 pm.

TEACHERS

BARTOC
P.O. Box 40143,
SF 94131
584-9048

A collective of teachers who bring a socialist perspective to working out approaches to teaching and changing the schools..."We welcome contributions of writing and art to our magazine, No More Teachers Dirty Looks (\$3 per year). We are presently producing a pamphlet series for teachers in the Bay Area."

Organization of Unemployed Teachers (OUT)
300 E. Santa Inez Ave., San Mateo
Operates a job board and communicates information on alternative possibilities for teachers without students. There is no charge for their services. They put out a bi-monthly newsletter and work on legislation affecting the schools and teachers. OUT has groups in SF, San Mateo, the east Bay, and Sacramento.

OUT Newsletter

1311 Skyline Dr., Daly City 94015
992-6379, Jack Perron

A bi-monthly publication which covers unemployed teacher possibilities in public and private schools, mainly in California. It contains information on alternatives for teachers, various legislation news and research and studies into the future of teaching and education in general. Free to unemployed teachers. \$2 per year donation for members of OUT and \$5 per year donation for non-members and organizations.

The Teacher Drop-Out Center

Box 521
Amherst, Massachusetts 01002
Aimed at helping humane schools, public and non-public, find teachers, and teachers find humane schools...list of openings nationwide sent regularly with descriptions...\$20 yearly.

technical assistance

VITA-West (Volunteer International Technical Assistance)

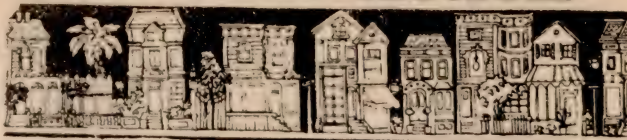
150 Powell, SF
781-2236

This organization provides across the board technical and professional consultation. The services are provided by skilled Bay Area volunteers and are free to groups and/or individuals needing them. Services range from assistance to minority entrepreneurs to transportation feasibility studies for senior citizens.

San Francisco Local Development Corporation
Pier 42, the Embarcadero, SF
781-5913

"We are a minority controlled and operated consultant firm. We hold sociological impact to be as important as economic viability. We stress alternative enterprise modes (employee ownership, cooperatives). We aim for minority community empowerment and liberation and use economic modes as a means." There is no charge for services.

Tenants' Action



Tenants Action Project

843-6601 or 843-6647, Berkeley
Tenant legal assistance and tenant organizational assistance. They would like to form a tenants group within buildings and to assist people in helping themselves. Their main emphasis is on the Berkeley-North Oakland area. The office is open from 11-5, Mon. through Fri.

Tenants Action Group

1310 Haight Street, SF
552-1741

Provides a central information service to tenants to assist the development of tenant unions. They do individual tenant counseling at their office, group consultation in buildings, and community organizing (primarily in the Haight). No charge except for a membership fee of \$1 for those desiring to join. Need volunteers.

tennis

San Francisco has 142 tennis courts run by the Park and Recreation Department. A complete listing of their locations is available at the Public Information Office at McLaren Lodge in Golden Gate Park. Be sure to insist that such a list exists as few people seem to know about it. There is no charge for using the courts except for Golden Gate Park where a 50¢ per hour fee is charged on weekends. Listed below are those tennis areas with 4 or more courts.

Balboa Park Ocean and San Jose Avenue
Funston Chestnut and Buchanan

Golden Gate Park off Kennedy Drive and

Third Ave. To make reservations for weekend play, call the preceding

Tuesday at 9:30 a.m. at 566-4800

Julius Kahn Spruce St. and Pacific Ave.

Midtown Terrace Clarendon Dr. and Olymia

Mission Dolores Park 18th and Dolores

Mountain Lake 12th Ave., north of Lake

Parkside Square 26th Ave. and Vicente

Tennis Lessons

Tennis lessons are offered free through the Park and Recreation Department. Call Miss Yuen at McLaren Lodge at Golden Gate Park, 558-4055, for further information.

THEATRE

Performing Arts Workshop
1530 Buchanan St., SF 94115
931-9228

The Performing Arts Workshop is a non-profit school of theater and dance. It provides classes for children, preteens, teens, and adults in different types of dance and acting. It is co-ordinated with the public schools for accreditation for high school students, and offers scholarships for all age students. Fees are minimal for non-scholarship students.

Firehouse Theater Co.
1572 California at Polk, SF
441-2936

An experimental theater situation where actors and audience join to create group events and experiences. Contribution is \$2 or whatever. Free open workshops are also held for both "actors" and "non-actors."

The Julian Theatre
953 De Haro St., SF 94107
647-8098

"We produce plays, old and new, for adults and children, in the Potrero Hill Neighborhood House and on tour." Also do mime and special short shows. Admission is \$2 if you have it. "We provide fresh from the typewriter plays on current human issues and fresh interpretations of older ideas at low cost or free to neighborhood audiences."

The Intersection Theater
756 Union, SF 94133
397-6061

The Intersection Theater is a modest quiet theater which is open to the new performing artists for a minimal fee. Plays, concerts, readings, film, and a wide variety of performing arts are available to the public. Theater-related workshops are also available. Call for more information.

Mother Goose
1674 Page St., SF
621-6665

Group of performing artists (working in theater skills and music) who work with kids in institutions. If the institution can pay, a slight fee is asked. Otherwise, the performances and workshops are free. The group also holds workshops for prospective Mother Goose performers and for prospective workshop leaders. The workshops are open to anyone in their teens or older. There is no charge. Volunteers with any art skill are needed.

Free-Way Barter Theater

1268 Sanchez, SF
647-8393

An independent group that meets at Bethany Methodist Church...plays performed on weekends...admission on a donation basis...some original plays performed...group is open to new performers.

The Pitschel Players & Jon Fromer
Intersection, 756 Union St., S.F.
397-6061

"Political satire, irresponsible rubbish and live social acts without redeeming sexual importance. Jon Fromer sings and plays 12-string. Every Friday and Saturday night at 8:30, with a second set at 10 featuring improvisations that reflect the skewed proclivities of the audience. Donations are greedily accepted after each shameless performance."

Black Light Explosion Company
330 Grove St., SF
826-9552 or 285-8174

A performing repertory company of dancers, singers, musicians, and actors. Their performances include all of these media and are expensive (\$500 and up) but community groups can get them to perform by contacting the city or county which may pay for their services. They also have workshops in conga drums, drama, Afro-Haitian dance, modern dance, brass, music theory, and other subjects which are free or for nominal fees. Open every day from 10-3 and you should call for current schedules...everyone is eligible. There is also a jam session every Sunday from 2-9 pm. It is free and open to all who want to have a good time.

Theatre of Man
807 Noe St., SF 94114
285-3719

Experimental theatre company. Open workshops for actors, dancers, musicians, directors and writers. Original material developed in rehearsal for public performance throughout the Bay Area.

Gestalt Fool Theater
863-0445

A living-working collective...performs a "big gestalt collage" which involves the audience. Social and political commentary. \$2 but they don't turn anyone away if they don't have it.

Tools

Whole Earth Access Company

2466 Shattuck Avenue, Berkeley 94707
848-0510

Suppliers of many of the tools and books mentioned in the Whole Earth Catalog. "At present we have access to over 300,000 items which we are able to supply at 10-40% below usual list prices including the following categories of goods: hand tools, power tools, automotive tools, kitchen and other small appliances, hardware items, marine fittings, 4-wheel drive and camper equipment, farm supplies, back packs and sleeping bags, and over 5000 books.

Del's Toys

4530 Market St., Oakland 94608
658-6391

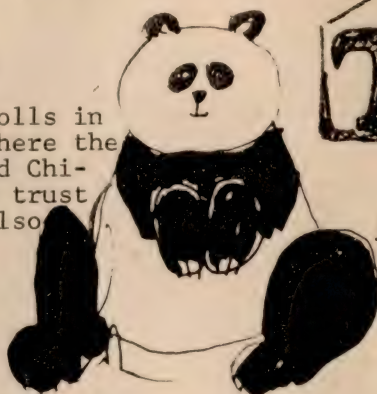
The widest selection of black dolls in the Bay Area. It is a place "where the neighborhood children (Black and Chicano) come and are treated with trust and dignity." The store will also display the dolls for groups,

The Original Rocking Horse Kit

Anton Ligness

2215 Shattuck Ave., Berkeley, Ca.
845-4898

Maker of old-fashioned rocking horses and kits to make rocking horses, "for your children and children's children." People can make these horses with no woodworking or carving experience. One beautifully simple and direct carving tool and you work it out as your horse comes to life. The kit costs \$35.00 and includes all parts and instructions. "The experience becomes an artistic act."



TRANSSEXUALS

National Transsexual Counseling Unit

243 Turk St., SF 94102

928-1232

Counseling and referrals for transsexuals and transvestites. Open 10 am-5 pm, M-F. All services are free.



Ed Strauss

5030 Mountain Blvd., Oakland
531-2935

Durable hand-crafted wooden toys; hardwood cutting boards (artistic and functional); and smoking accessories.

David Howard

5496 Taft Ave., Oakland
654-9637

Wooden toys made from various woods, white glue, linseed oil and love. Also custom furniture and any kind of woodworking. Toys run from \$2.50 to \$10.



transportation



BUSES

The following are listings for local Bay Area bus systems. Look in the telephone book for information on commuter trains, Greyhound services, etc.

SAN FRANCISCO:

San Francisco Municipal Railway

949 Presidio Ave., SF

558-4111 (24 hrs. daily)

Fare: 25¢ Must have exact change
Call to find out about the 50¢ Sunday and holiday ticket which allows you to use the bus as often as you wish all day. A Muni bus map is on the front page of the yellow section in the telephone book.

ALAMEDA/CONTRA COSTA

AC Transit

508 16th St., Oakland

653-3535

Serves this two county area except Union City, Fremont, Walnut Creek, and Lafayette vicinities. Fares vary. AC Transit also runs buses from the East Bay Terminal in SF (Mission & First) to points in Berkeley and Oakland.

PACIFICA:

C & C Transit

1247 Lerida Way, Pacifica

355-7776

Runs buses throughout Pacifica. Schedules available at the Greyhound Station. Fare is 25¢ for children under 17 and senior citizens and 35¢ for others.

REDWOOD CITY:

Redwood City Municipal Transit
365-0425

Operates buses throughout Redwood City.
Fare: 25¢

PALO ALTO:

Palo Alto Municipal Bus Service
(Peninsula Transit Lines)
322-2124

Buses throughout Palo Alto and Stanford and East Palo Alto. Bus map on first page of yellow section in telephone book. No service on Sundays and holidays.

SAN JOSE:

San Jose City Lines, Inc.
860 W. San Carlos, San Jose
294-4224

Operates buses within San Jose and Santa Clara. Fare is 25¢.

MARIN COUNTY:

Golden Gate Transit
453-2100

Operates buses from San Francisco to Santa Rosa. Bus service throughout most of Marin County every day but Sunday. Fares vary according to distance traveled. Also operates buses across the Golden Gate Bridge 7 days a week to and from San Francisco.

FERRIES

Golden Gate Ferry
982-8833

Ferries between Sausalito and SF 7 days a week. In SF embark at the foot of Market St. north of the old Ferry Bldg. next to Pier 1. In Sausalito embark at the foot of Anchor St. next to the Trade Fair. Fare: 75¢ for adults, 25¢ for children between 6 and 12, and free for children under 5.

Tiburon Ferry Service
398-1141

Ferries between Tiburon and SF 7 days a week. Embark in SF at Pier 43, Fisherman's Wharf and in Tiburon at the Windjammer Restaurant. Fare: \$1.50 round trip, 80¢ one way, and free for children under five.

TAXIS

Taxi Unlimited

841-2345 or 841-2349, Berkeley
Seven taxis on the street in Berkeley and Albany. Phone for a cab to pick you up or hail one on the corner of University and Shattuck. They charge standard taxi fares and function as a cooperative company. It's also possible to rent cabs by the hour. The Free Clinic can call them for free emergency service from the Clinic to the hospital.

TREES



Street Tree Planting
2323 Army St., SF 94124
558-4057

The city conducts a program of planting and maintaining trees on major thoroughfares, and the planting of trees by citizens on neighborhood streets is strongly encouraged. You may request a tree planting permit and an information packet will be sent to you. If two or more property owners on a block are planting a minimum of ten trees, the city will cut the side walk. Owners must purchase the trees (averaging \$6 each) and plant and maintain them. Upon receipt of your application, the Street Tree Planting Division of the Department of Public Works will send a representative who will suggest the best species of trees for your area. Planting and maintenance advice is also given.

TYPISTSTYPISTSTY

Helen Mitchell
2731-24th St., SF 94110
282-3007

117 Typing quickly and accurately at reasonable prices (\$3/hr) or in exchange for services. 

TYPISTSTYPISTSTY

Joanne Monks

474-1561

Specializing in resumes and professional biographies. Format to your specification or will create a unique presentation of your background and qualifications with the facts - or fiction - as furnished by you. Also available for any creative typing. Barter considered.



UNEMPLOYMENT

Unemployment Insurance

If you think you might be eligible to collect, you should file a claim to find out. Contact the California State Department of Human Resources Development (most cities have an office). File immediately as there is a week's waiting period which begins on the day your claim becomes effective. If you want to check out the regulations, send for the pamphlet on eligibility and benefits. It's number DE-2320.

UNIVERSITIES

Campus-Free College

Box 161

Arlington, Massachusetts 02174

A continent-wide, non-residential institution of higher education designed to serve many different kinds of students who would like to grow through living and learning but do not want to hassle with traditional colleges. Students confer with a Program Advisor and set up an educational program which may consist of courses, apprenticeships, tutorials, on-the-job training, etc. Credit is earned when the student demonstrates that his/her program has resulted in learning. Costs vary according to student needs with current students paying from \$350 to \$1200 per year.

Free University of Berkeley

2200 Parker, Berkeley 94704

841-6794

Courses in everything from astrology to yoga--including massage, movement, health care, auto repair, encounter, life-styles, etc. "Trying to get our heads and bodies together". Cost is \$10 per quarter and new classes start 3 times a year.

San Jose Free University

50 South 4th Street, #5, San Jose 95113

(408) 295-9509

Classes and projects in many different fields. Contact them for a list of what's happening.

Educational Liberation Front

Eshelman Hall 305, UC, Berkeley

642-6727

Offers classes on radical themes open to anyone. They help people to start classes and try to get credit for the classes.

Heliotrope

21 Columbus, SF

398-7042

A fascinating range of classes...bicycle and volleyball clubs...looking for qualified teachers in all subjects...teachers are paid one-half the class fee which ranges from \$5-15. Open M-F, 1-7. Ask for a free catalog.

Experimental College of City College of SF

50 Phelan Ave., B-5, SF 94112

587-7272, Ext. 464

The experimental college of City College is an educational alternative. "Anyone--student, teacher, etc.--is welcome to conduct a group for the purpose of sharing knowledge, ideas and skills. We have no tuition, no credit, no grades. The experimental college serves as a base for several organizations--an alternative school paper, course evaluation, gay liberation, and others. Anyone wanting to plug into something existing here or interested in starting something is welcome. Send for our catalogue and information or call."

University Without Walls - Berkeley

2700 Bancroft Way, Berkeley 94704

548-0666

"The 'UWW-B' has emerged with an intercultural and international focus; an emphasis upon new themes, including women's studies, ethnic studies and radical studies. Students and staff have been utilizing a variety of learning experiences including: internships, credit by examination, independent study, work in other colleges, travel, and field experiences. Tuition is formally set at \$2000 but a determination to experiment with low costs provides generous opportunities for financial aids and tuition reduction. At this time admissions are open the year around."

Communiversity

San Francisco State College

1600 Holloway, Hut B, SF

586-2600

The Communiversity is an alternative education center which offers free classes throughout the city. A variety of classes are offered, mostly in the areas of practical living (auto repair and carpentry), arts and crafts (crochet and macrame) and environmental awareness. Classes are small and informal. There are also community projects which focus on learning through community involvement. The Communiversity is funded by Associated Students at SF State; all teachers are volunteers. Anyone wanting to gain or teach a skill is welcome.

Entropy

1914 Polk, 2nd floor, SF 94109
441-4404

Classes in everything from the arts to language, to encounter groups, to philosophy, to auto mechanics, etc. The teacher is someone who is well versed in his/her field and wants to teach it to others (no formal training needed). They are always looking for new teachers. There is no formal classroom situation; classes are held in homes, workshops, etc. No grades or credits are given. There is a \$12 registration fee per term to pay overhead costs. Some of the classes have no additional fee, others have a tuition or materials fee or both. The tuition fee, if any, is designed to cover the instructor's cost of teaching.



VASECTOMIES

Planned Parenthood of Alameda County

1252 "B" Street, Hayward 94541
538-6330

Vasectomies done on a sliding scale from \$10-\$150. The man must be over 21. Counseling and the operation both require appointments.

St. Luke's Hospital Vasectomy Clinic

555 San Jose (at Army), SF
647-8600, ext. 297 or 824-3792

St. Luke's makes appointments for each Tuesday for 12 men and their wives to come in to discuss vasectomies. The man and woman then each sign permission slips for the operation and go through a counseling session. If the man can afford the operation or his insurance covers it, he is referred to a private doctor or urology clinic. St. Luke's Vasectomy Clinic does some free operations each month for those who can't afford it. Surgery is booked up about a month in advance for the free operations. They also do referrals for tubal ligations for women. Referrals are free of charge as are the counseling sessions.

Planned Parenthood Vasectomy Clinic

2340 Clay St., SF 94115
567-0870

Vasectomy counseling and surgery...fee for the vasectomy is on a sliding scale according to income and number of dependents...any man over 21 years of age is eligible...call for an appointment.

Planned Parenthood, San Mateo County

348-2424/573-2598

Birth control, including vasectomies. Cost is based on ability to pay. Call to get more info.

Planned Parenthood of Marin County

710 "C" Street, San Rafael 94901
454-0471

Vasectomy education and referral service on the 2nd and 4th Wed. night of each month at 8:00. No appointment is necessary. There is a fee of \$5 for a referral to a Marin County physician who will do the vasectomy at a reduced rate.

Family Planning Alternatives

265 Meridian Ave., San Jose, Calif. 95126
(408) 289-9011

Vasectomies, for \$75. Call for appointments.

V.D.

Venereal Disease

VD can only be caught through sexual contact with someone who is infected. Gonorrhea is past epidemic proportions with one out of every five high schoolers expected to get it this year. Because 90% of women have no symptoms of the disease, it is vital that when a man discovers he has it (he'll generally know), he should let anyone he's had sex with recently know. Syphilis is not as rampant yet but the incidence rate is fast increasing. The clinics listed below test and treat VD. In addition, many of the clinics in the "health" section of this book do testing and some do treatment as well. Most places do testing and treatment confidentially and will see minors without letting their parents know. Use a fake name when you go if you're hung up on your own. Since many people will have no symptoms of VD, routine examinations are encouraged.

Berkeley Venereal Disease Clinic

830 University, Berkeley
845-0197

Free confidential VD clinic open Mon., 1:30-3:30, Wed., 4-6, and Fri., 8:30-10:30 a.m.
No appointments needed.

Venereal Disease Clinic

San Francisco Health Department
250 Fourth Street, SF
558-3804

They test and treat anyone for VD...everything is confidential...minors treated without parental consent or knowledge...everything is free...drop-in clinics Monday and Thursday from 9:30 to 6, and Tuesday, Wednesday, and Friday from 8 to 4. New Patients must be there 1/2 hour before closing.

Mt. Diablo Free Clinic

85 Cleaveland Road, Pleasant Hill
935-2710

Free VD diagnosis and treatment, Tuesdays and Thursdays 7-9 pm.

Santa Clara County VD Clinic

151 W. Mission Street, San Jose
297-1636

Free and confidential VD diagnosis and treatment. No appointment needed.



V.D. continued

Alameda County Health Department

VD diagnosis and treatment is offered at the following places:
 820 E St., Union City 94587 471-3930/471-4150
 499 5th St., Oakland 94607 874-7196. \$1
 2226 Santa Clara, Alameda 94501 LA 3-7610. \$1

East Oakland Community Clinic

8501 East 14th Street, Oakland
 568-5155
 Open Mon. 4-6:30 and Wed. 6-9pm.

Tiburcio Vasquez Community Clinic

820 E Street, Union City
 471-5880
 Open Thursdays from 1-4.

Richmond VD Clinic

100 37th Street, Richmond
 233-7080, ext. 3115
 Open M-F 8:30-11:30am and Wed. 1:00-6:30.

Bobby Seale Free People's Clinic

3236 Adeline, Berkeley
 653-2534
 Open daily 10-10.

Berkeley Free Clinic

2339 Durant, Berkeley
 548-2570
 Open M-F by appointment only.

Drew Health Clinic

2111 University Ave., East Palo Alto
 369-1444, ext. 2395

San Mateo Health Department

225 37th Ave., San Mateo
 573-2514

VOLUNTEERS

Nearly all the places mentioned in this book are happy to have volunteers...find something that interests you.

Switching Yard

930 Tamalpais Ave., San Rafael
 453-2293

A place where young people can go to find out what's going on in the community that they can get involved in. Phone first for an appointment to talk about what you're interested in and figure out where to express your interests. They're open roughly from 9 to 5, and are geared to school age people looking for alternatives.

Santa Clara Community Action Program (SCCAP)

Dunne Basement, Box 1213, Santa Clara University
 Santa Clara, California 95053
 984-4198/984-4200

Volunteer programs, most of them located in Agnew, Alviso, East San Jose areas. Anyone can offer to volunteer. Some of the projects currently being worked on include tutoring, art projects, working with the mentally retarded and emotionally disturbed, ecology projects, etc. The program operates almost solely during the school year. Office hours are 1:30-5:00, Monday, Tuesday, and Friday.

Big Brothers, Inc. of the S.F. Bay Area

86 Third St., SF
 989-1250

This is a volunteer agency in which one man works on a one-to-one basis with a boy from a fatherless home. The boys range in age from 7-16. No fees are charged. Anyone can apply to be a Big Brother; no particular background or experience is necessary.

Bay Area Big Sisters

P.O. Box 2734, SF 94126
 982-9568

This is a group of volunteer women who are concerned about kids who are lonely, confused, and/or troubled. Big sisters are matched on a one-to-one basis with little girls between the ages of 6 and 16. Anyone can apply to be a Big Sister; no particular experience or background is required although prospective big sisters need to go through an orientation and several interviews.

SF State College Tutorial Program

Hut C, SF State College
 19th & Holloway, SF
 586-3543

College students, grandmothers, housewives, businessmen and women, and many others volunteer as tutors, teachers' aides, college/career information counselors or companions to underprivileged children. Volunteers can work in a variety of places and share their abilities in whatever field they desire--special education, physical education, foreign languages, art, drama, music, mechanics, guidance and counseling, or many other fields.

Volunteer Bureaus

Place volunteers in non-profit agencies. Train volunteers and those who use volunteers. Contact the one nearest you.

San Francisco

Volunteer Bureau/ Voluntary Action Center
 750 Eddy St., SF 94109 885-6574

Marin

Marin Volunteer Bureau/Voluntary Action Center

725 A Street, San Rafael 454-1630

San Jose

Voluntary Action Center
 2175 The Alameda, San Jose 244-5252

Alameda

Volunteer Bureau of Alameda/ Voluntary Action Center

362-15th St., Oakland 893-6239

Contra Costa County

Volunteer Bureau of Contra Costa County/ Voluntary Action Center

2363 Boulevard Circle, Suite 3, Walnut Creek 934-0424

San Mateo County

Volunteer Bureau of San Mateo County/ Voluntary Action Center

119 Primrose Road, Burlingame 342-0801

Santa Clara County

Volunteer Bureau of Northern Santa Clara County

460 California, Palo Alto 326-9381

WOMEN

Haight Ashbury Women's Center
10 Lyon St., SF
Free space primarily for neighborhood women to get together for meetings, workshops, classes, etc. Also houses a library and free store. Open irregularly depending on what's happening. General meetings on Mondays at 7:30.

WOMEN

Center Point
812 D Street,
San Rafael
454-2413
Open drop-in women's groups held at various times during the week, including Saturday mornings. They're free and looking for more women to participate. Call for more information.

San Francisco Women's Switchboard
771-8212, SF

"If you need something done that you don't know how to do (or if you want to learn a skill), call us. We can probably get you in touch with a sister who can help. We have info on all kinds of special interest groups, small group orientation, lesbian info of all kinds, and groups that cover the broadest range of activities. Call for childcare, any kind of medical aid, a crash pad, or emergency help of any kind. Our info covers the Bay Area and we have growing files outside the area...We even have numbers for men's liberation groups and how to get a vasectomy. Women needed to offer crash pads, childcare services, and to answer the phone on a regular basis.

Stanford Women's Center

Women's Clubhouse, Old Union Courtyard, Stanford University, Palo Alto
321-2300, ext. 3114
Small groups, women's union, bulletin board, small library, drop-in center, referral service, high school rap groups, classes, etc. Open to any women. Men are accepted in the classes if there is room. Classes are offered in self-defense, women in history, breadbaking, auto repairs, carpentry, etc. Cost is \$2 a class if you can afford it or free if you are a member of the Women's Center which costs \$5 to join. Hours are from 9-9, Monday through Thursday and 9-5 on Friday and Saturday.

*I define a woman's duty:
to look the world in the
face with a go-to-hell
look in the eyes; to have
an idea; to speak and
act in defiance of con-
vention.*

Margaret Sanger

An Open Place-Women's Center

YWCA, 620 Sutter, SF
Located on the first floor of the Downtown YWCA, An Open Place serves as a "free space" for meeting, eating, reading, or just relaxing. It is also the focus point for the fast-expanding Women's Center activities at the YWCA. The people at the Y are open to new ideas and energy. Open all day until 7:30 pm, Monday-Thursday and until 5:30 on Friday. Lunch is available from 11:30-2.

Women's Freak-out House

c/o Women's Refuge, 72134 Allston, Berkeley
845-8854, Jenny or Judy
Currently in the planning stages is a 'women's freak-out house loosely based on R.D. Laing's theory that madness is therapeutic. The Collective will give support but not supervision. There also will be ongoing projects related to mental patients' liberation, e.g. patient advocacy, legal aid referral, hospital visitation."

Women's Center Collective

Clara, 841-0747
A group of women who are trying to develop a women's center in the East Bay. They would like to have the center include drop-in child care, a women's library, meeting space, a switchboard, and a coffee house. Meetings are Tues. at 7:30 and more women are needed to help with this project.

A Woman's Place Bookstore

5251 Broadway (at College Ave.), Oakland
654-9920

"As women came together in the growth of the women's movement, as women got interested in mingling with other women, it became clear that there was no place that we could go and not be interfered with by men...This bookstore is different from most bookstores. It has tables and chairs to sit and relax at, and coffee and tea and nibbles...We plan to acquire books, magazines, and newspapers in a discriminating manner, and have our booklist available to customers, with our thumbnail description of each book." Open 10 am to 7 pm Monday through Thursday and til 10 pm Friday and Saturday.



San Jose Women's Center

Bldg. 2, 9th and San Carlos, San Jose
294-7265

Open to everyone. Evening rap sessions (radical lesbians, men's groups, etc.), auto mechanics, Lawyers Guild representative, abortion counseling, library, child care referrals, bulletin board, etc. Open meetings on the first Tuesday of every month. Monthly newsletter called "Notes From the Basement". Open from 9-2 and 6-8 on Mon. and Wed., from 10-2 and 6-8 on Tues., Thurs., and Fri., and from 1-6 on Sat. and Sun. No charge.

Women's Legal Center

558 Capp St., SF
285-5066

"The WLC is a group of a dozen or so women who have been meeting regularly and would like to help women with any legal problem from divorce to criminal arrest. In addition to working on individual cases, we would like to be creative in offering legal support to women in the women's movement. We hope to provide a focus for women to come together in order to discuss collective approaches to legal problems and to give impetus to affirmative attacks where appropriate. Call before coming down as no hours have been set yet."



SF Women's Coffeehouse

586-5959, Ethel

For nearly a year women have been working together to raise money for a women's coffeehouse. They have enough money to get started and are now in the process of looking for an appropriate building. Hopes are that the coffeehouse would be available for classes and groups to meet in as well as being a place where women could come together for singing, rapping, entertainment, etc. More women needed to get this together.

Union WAGE

2483 Hearst Ave., Berkeley 94709
661-5199 (SF)

Organized by women trade unionists to fight sex discrimination on the job, in unions, and in society...dedicated to achieve equal rights, equal pay, and equal opportunities for over thirty million women workers...Bi-monthly newsletter is \$2 per year...Membership is \$5 per year...all are welcome to attend meetings the third Thursday of every month at 8 pm at S.F. Savings and Loan, University and Shattuck, Berkeley.

Women's Refuge and Information Center

Berkeley YWCA, 2134 Allston Way, Berkeley 94704
845-8854

Switchboard and referral center for women...information center for women's activities in Berkeley and East Bay...a place to come just to rap with sisters or have a quiet moment...open women's meetings on Thursdays at 6 pm..."We also hope to deal with the kinds of crisis that aren't recognized as crisis by most communities, for example, rape aftermath, isolation, and depression." Women of all ages and races welcome. Volunteers needed to help staff phones and office. Open Monday through Friday, noon to midnight.

American Indian Women's Center

227 Valencia, SF
863-4928

The women do community work. They try to help people in the American Indian community with whatever they need. Some of their projects include giving out free clothes and childcare. They also have classes in Indian crafts. Dues for the Center are 25¢ a week if you can pay it. Hours are 10-4 everyday.

WOMEN

Women's Coffee House

2700 Bancroft, Berkeley 94704 (Unitas House)
841-0747, Clara
Open Thursday nights from 7:30 to 10:30...
home baked goods, tea, coffee, hot cider...
occasional movies, poetry readings, demon-
strations of the Self-Help Concept, etc...
more women needed to work on the coffee
house.

Female Liberation

516 Eshelman Hall, UC Berkeley, Berkeley
642-6673

A women's liberation group for students and
non-students. Currently working on abortion
action and trying to get birth control and
abortion help sponsored by the UC Health
Department. They also are willing to help
women come together in small groups. They
put out a journal called Libera.

Women's History Research Center

2325 Oak St., Berkeley
524-7772

"Open to all women by appointment only", the
Center is a resource library on women. Send a
stamped return envelope and a donation for
publication information.

San Francisco Women's Media Workshop

905 Diamond Street, SF 94114
282-1724 or 564-1711

"The Women's Media Workshop is a group of
women who come together to make audio tapes
about different women's issues. Our tapes
are collages of music, poetry, discussion,
skits. We've made tapes about the sociali-
zation of children, Indochinese women, a-
bortion, the daily experiences of women,
etc. We also have a tape of Ruthie Gorton's
songs. We're interested in playing our
tapes for all kinds of groups as well as
selling our tapes across the country. The
group is looking for new members and prefers
women who have had some experience in small
groups and who have enough time that they can
seriously commit themselves to the project."

Community Alternatives, Inc.

524-0815 (Berkeley)

Originated as a jail reform program, now
working on starting a home for women and
trying to get judges to send women to
them rather to the Santa Rosa jail.

Our Sisters' Songbook

Intersection Coffeehouse, 756 Union, SF 94133
397-6061, Natalie

A weekly series of evenings of song by women only.
Performances are held in the Coffeehouse and are
free and open to all. Women interested in per-
forming should call the above number.

Yve Gagnon

755 - 14th Street, SF
864-1539

Astrology for the new woman. Non-sexist, non-
establishment, psychological interpretation of
the horoscope by a mature, professional psy-
chologist. Reading takes 3 hours or so and the
fee is \$25. Terms and trades can be arranged.

Breakaway

SF - 771-8212 (Women's Switchboard)

Berkeley - 548-5404, Sue or 434 66th, Oakland
An opportunity for women to learn from each
other in workshops, classes, discussions. Reg-
istration is held 4 times a year. Workshops/
discussions/ classes that are/have been offered
include carpentry, auto mechanics, astrology,
sexuality, herbal medicine, psychology, nutri-
tion, gay women, etc.

*If women liberate themselves
they will perforce liberate
their oppressors.*

Germaine Greer

Ann Wagner

755 - 14th St., SF 94114
864-1539

Automobile tune-ups and small repairs. "I
will work with women on their own cars--helping
to demystify the automobile and give women con-
fidence about their mechanical abilities."
American or foreign cars. Tune-ups, \$10 plus
parts.

Mary Esposito and Barbara Rhine

1826 Hearst, Berkeley 94703
848-5225

Carpentry, remodeling. No job too little
or too big. Call us for free estimates.
Interested in working with clients too.
"Women learning and sharing manual skills
helps establish independence and strength
in the man's world."

Maud Gonne Press

Betsy - East Bay - 658-2850

Offset printing: post card size to 14x17.
A woman's shop; calls in other women to
provide any outside graphics, photography
work needed. Reasonable prices (special
for feminist material), quality work. If
she can't do it, she'll refer you to other
women's or movement presses that can.

The common woman is as
common as the best of bread
and will rise and will become
Strong.

Judy Grahn

Women's Need Center
531 Clayton, SF 94117
621-1003

A complete abortion counseling service including initial abortion counseling, supportive services throughout the hospital stay, and counseling follow-up. Also available is birth control information and pregnancy testing. The Center also does adoption referrals. All services are free.

Tinker Women

132 South Park, SF 986-7291/387-0884
We do moving, hauling, painting (signs and walls), wall papering, office work, research, tutoring, and all unskilled jobs. Prices are negotiable and we're open to other women joining us, provided we get enough work. If we get enough jobs and people together, we eventually hope to become an odd job referral agency.

Contrasting Trim Painting Co. (interior)
Rosalie Cassell, 548-9358/Vicki, 658-5528
"We can transform your walls and woodwork into whatever you want, be it one solid colored careful paint job or exciting contrasting colors. We are both artists who really dig housepainting. We give free estimates."

Women's Auto Mechanics Classes

626-7637, Pilar/585-9090, Bonnie/
648-6170, Penney, SF
Thursday daytime classes and varying evening classes for women...mostly maintenance...excellent 8 mm auto mechanics film available for rent.

Snailspace

4290 24th Street, SF
826-3184

Makes sandals which start at \$14, belts, purses, etc. Sells leather pieces that have been bought in large quantities so they are cheaper. Takes things made by women on consignment. Will barter. Call to find out when they're open.

Women's Self-Defense

Basement of 1st Baptist Church, S.W. corner of Haste and Dana, Berkeley
843-9641, ask for Wendy or Sonia
Classes which emphasize self-defense rather than ritual. Drop in to the Church on M, W, or F to find out when new classes will begin. Cost is about \$3 per month for 3 lessons a week, each of which is about 2 hours long. "We strongly advocate that women everywhere should form their own self-defense groups; you can always find a teacher!"



WOMEN

Women's Self-Help Clinics

Believing that it's time for women to take control over

their bodies and to get rid of some of the mystique surrounding "the visit" to the doctor", a number of women's groups have begun self-help clinics. In them, women are taught about their bodies and are shown how to do a pelvic exam on themselves (with speculum, mirror, and lamp). Contact the Women's Health Collectives in Berkeley and San Francisco for on-going programs.

Feminist Women's Health Centers

1027 S. Crenshaw Blvd., Los Angeles, Calif. 90019
"Our Self-Help Clinic guides help women to examine themselves using their own plastic speculums. By looking and touching suddenly the textbook becomes reality. Our Self Help Clinic One can provide speculums at a nominal cost to cover mailing and cost (\$2.00), a 'How to start your own Self-Help Clinic' booklet for \$2.50, and literature on request. Members of Self-Help One are happy to take speaking engagements (with minimal fee to cover expenses).

Berkeley Women's Health Collective

2214 Grove, Berkeley
843-6194

This is a collective of community health groups that provide, teach, publish, train, and learn about women's health. "We operate on a small-group basis without 'leadership' to encourage total participation and consensus decision-making. We run a women's clinic Wednesdays at the Berkeley Free Clinic and do community, neighborhood, patient-advocate work all oriented toward changing the present health-care system to one that is non-profit, patient-oriented." In addition to the Women's Clinic on Wednesdays, the Collective does abortion, birth control, pregnancy, and nutrition counseling at the above address on Mondays and Thursdays from 1-5 and 7-10 and on Saturdays from 1-5. There is no charge for the Clinic or other services but a donation is asked.

San Francisco Women's Health Collective

3789 24th St., SF 94114
282-6999

Political and educational projects including an advocacy program and classes in doing self-exams. They also provide obstetrical and gynecological referrals and information. Classes and discussions are held on Wednesday nights. All women are welcome; everything is free. Call for further information.

Plumbing, carpentry, house wiring

Nancy and Naomi, 548-5082

Lorraine and Suzanne, 654-4902

Rates are negotiable. Will teach these skills for free or pay, depending upon financial situation.

Women for Armed Revolution

c/o Women's Liberation

P.O. Box 5203, Oakland, Ca. 94605

"We are a women's collective which has recently printed three pamphlets on our work in the anti-imperialist women's movement. We are interested in distributing and discussing them with as many women as possible. Please write. 25¢ per copy. Also bulk rates."

Mother Lode

P.O. Box 40213

San Francisco 94140

A feminist paper published by women in San Francisco Women's Liberation. Each issue is devoted to a particular subject, e.g. Women in Prison, an Analysis of the Family, Medical Treatment of Women. Subscriptions are \$1.50 for six issues.

Berkeley Women's Newsletter

To submit news items - 845-8854 (Women's Refuge)

To subscribe - 1958 A University, Berkeley 94704

A weekly publication with news of activities for women in the East Bay. Subscriptions are \$2 per year.

Women's Dance Group

Black Light Explosion, 330 Grove, SF
626-9552

Led by Eileen Larue, this group meets on Tuesdays and Thursdays from 10-12 am. Modern dance, yoga, and karate exercises. Open to all women. No cost.

Change

968 Valencia, SF

626-7978

Change is a working women's newspaper which is distributed every month to women who work in offices downtown. By presenting information and ideas on how women are oppressed in work situations, what's happening with unions, strikes and local news, as well as general articles on car repair, women's medical problems, etc., the paper strives to fill a media gap for working women. The women who put out the paper are themselves mostly working women who do or have worked in downtown offices and they can always use more help. Subscriptions are \$2 per year. They are not connected with any organization.

Center for Feminist Counseling

398-8207

Women who are looking for psychotherapy or counseling and want to be seen by a woman counselor may now contact the Center for Feminist Counseling. "We are a non-profit-seeking group of therapists interested in providing a viable therapy service for women. We are feminists; we are women trained in traditional mental health settings--a counselor, a social worker, two psychologists. We are looking towards the creation of an energizing, non-oppressive psychology of women. Rather than following any one 'school', we are committed to women's right to choose and define for themselves who they are, and how they will live their lives." Fees are on a sliding scale, based on ability to pay; general minimum fee is \$5 per hour.

Association for Repeal of Abortion Laws

P. O. Box 6083, SF

387-6480

A movement organization working to repeal all existing abortion laws.

SF Women's Liberation Newsletter

333 Chattanooga, SF

"Women are writing, drawing, singing, teaching, learning! We are expressing ourselves emotionally, politically, socially; communicating with our sisters about who we are and who we want to be, relating our dreams, our desires, our needs, our pains, our joys. The Newsletter contains articles, poems, drawings, a Survival Page that lists needs and happenings.

Please send your creations to us to share with other sisters. You can subscribe to the newsletter by sending whatever you can afford."



Lesbian Information Service

P.O. Box 15368, SF 94115

346-4754

Lesbian Information Service acts as a national clearinghouse for lesbian news, information, resource materials, resource groups, as well as information for the concerned heterosexual. They publish a monthly newsletter on lesbian news on the political, legal, religious, and community scene as well as regular essays on questions such as "what is lesbianism?", "what are the problems of coming out?", etc. Subscriptions are \$12 per year. LIS also offers pamphlets on the topics "what is lesbianism?", female transsexuals, the lesbian mother, etc. These range in price from 50¢ to \$1.25. Another thing sponsored by LIS is Gay Women's News Service which provides news and features on an irregular basis and by request to the underground as well as "establishment" press.

Under 21 Gay Rap

Group, SF

Ollie, 826-3184

Interested in helping gay women who are under 21 get together for rap groups.

Daughters of Bilitis

1005 Market #208 SF 94301

861-8689

"An established alternative to a male-dominated society. Lesbians united to free other Lesbians and women. We have meetings every every Wed. night. All women are welcome. We exploit the media. We try to create space for Lesbians to grow in and into." 24 hour crisis phone. D.O.B. also sponsors dances and other social events.

Lesbian Mothers

651 Duncan Street, SF 94131

824-2790, Del Martin

"We're trying to put lesbian mothers in touch with each other for mutual support. We're also following lesbian mother's court cases. Occasional picnics and socials and ongoing consciousness raising groups."

SF Gay Women's Liberation

771-8212, SF

Information on housing, happenings, projects, publications, bars, needs, etc. can be gotten by calling the above number which is the SF Women's Switchboard.

WOMEN

Berkeley Gay Women's Liberation

c/o Women's Refuge, 2134 Allston, Berkeley
845-8854

Information about gay groups and activities. Weekly meetings held on Thursdays at 8:00 at the First Baptist Church, Dana and Haste.

Gay Raps

A Women's Place, 5251 Broadway, Oakland

Gay raps held every Friday at 8 pm.

Under 21 Gay Rap Group

Lynde 665-1805 / Dee Dee 928-0867

Interested in getting together a group of gay women who are under 21.

South Bay Chapter National Organization for Women

3498 Shafer Drive, Santa Clara 95051

241-2457

Promotes equality for women by changing discriminating laws, educational policies, hiring and promoting practices, printed, visual and audio media. "We do this by drawing up legislation and lobbying on it, publishing a chapter newsletter, writing letters, appearing on t.v. and radio, etc!" Meetings are held on the 1st Sunday of every month at 150 E. Fremont, Sunnyvale and the public is invited. Membership is open to any age, race, or sex and costs \$15 per year. "Full equality for women in truly equal partnership with men."

National Organization For Women - SF

P.O. Box 1267, San Francisco

398-6312

Meets the second Tuesday of each month, usually at the First Unitarian Church but call to make sure. Yearly fee is \$17.

National Organization For Women - Marin

454-2680, Sharon Johnson

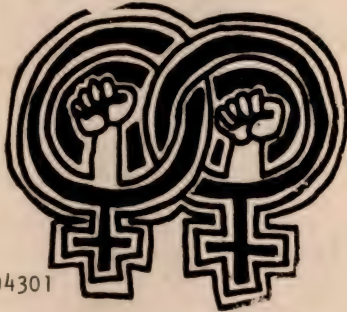
Meets the 3rd Wednesday of each month. Call for location. Annual fee is \$15.

National Organization For Women-Berkeley

Box 7024, Berkeley 94707

527-2707

Business meetings are held the 2nd Wed. of each month and general meetings are held the 4th Wed. Call to find out the location. Membership fee is \$15 per year.



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Draw near, woman, and hear what I have to say. Turn your curiosity for once towards useful objects, and consider the advantages which nature gave you and society ravished away. Come and learn how you were born the companion of man and became his slave; how you grew to like the condition and think it natural; and finally how the long habituation of slavery so degraded you that you preferred its sapping but convenient vices to the more difficult virtues of freedom and repute. If the picture I shall paint leaves you in command of yourselves, if you can contemplate it without emotion, then go back to your futile pastimes; "there is no remedy; the vices have become the custom."

Choderlos de Laclos, On the Education of Women, 1783

CO Work Opportunity Project

1730 Grove St., Berkeley
845-1992

Stanford Draft Counseling Service

Office of Special Services, Stanford 94305
321-2300

Both these offices serve as clearinghouses for men with 1-O classifications who are looking for alternative service jobs. They also can help agencies get approved for CO's. They also do draft counseling.

Marin CO Job Help

404 San Anselmo, San Anselmo 94960
453-7611

Conscientious objector job finding help. Hours are from 7-9, Thursday evenings, by appointment.

Vocations for Social Change

P.O. Box 13, Canyon, California 94516
376-7743

This collective publishes a national journal called WorkForce with current job listings as well as articles about ongoing projects and resource people and groups around the country. Their interest is in helping working people challenge the effect of time and energy they put into "work", and become involved in radically new work and life styles. It operates as a clearinghouse for information and ideas about institutional change. They exist solely on donations but copies of WorkForce are available free on request.

Career Guidance Center

SF Community College District, 33 Gough, SF 94103
864-3200

Tries to help people with career planning... career counseling on a one-to-one basis... library contains school catalogues, scholarship and loan information, career information, etc... aptitude and interest testing is available... bi-lingual... "Our service is free, efficient, and human."

Involvement Corps

501 Webster, Palo Alto
326-3416

This is a unique kind of program with endless possibilities. They act as a liaison between businesses and non-profit organizations. Involvement Corps goes to business management and gets permission to organize employees in a task force. The employees pledge part of their salaries to support a particular project of a non-profit organization. A corpsman is then hired to work on the project and the money pledged by the business organization's employees goes to pay a subsistence salary for the corpsman. Some projects that the Involvement Corps has worked with are Reality House West, Walden House, the San Francisco Ecology Center, and Operation Crossroads.

Transitions to Freedom

2160 Lake St., SF
752-7716

Works with ex-cons in all aspects of adjusting to freedom, including finding employment.

Youth Employment Service

Marin YMCA

241 N. San Pedro Road, San Rafael, 94903
472-3474

A jobfinding service open to high school students in Marin. Students should go and put in an application and be interviewed. They then work through your high school counselor (and independently) to get you a job. Most jobs are for yard care, house care, and babysitting. Employers are encouraged to list jobs with them.

*"I've labored long and hard for bread,
for honor and for riches,
But on my corns too long you've tread,
You fine-haired sons of bitches!"
from Black Bart Brigade*

Chinese For Affirmative Action

250 Columbus, room 204, SF 94133
398-8212

This group is working towards equal employment opportunity for Chinese. They handle cases of job discrimination and have set up a skills bank which will attempt to get qualified persons into jobs previously closed to Chinese. Open 9-5, M-F. Call before going down. They need financial support and checks should be made out to Cameron House.

Seed People

New Vocations Center, American Friends Service Com.
2160 Lake St., SF 94121

A set of eight interviews with individuals and groups who have found and struggled with innovative work areas--radio, a law commune, a private peace corps, architecture, switchboards, videotape, radical therapy, runaway centers. 35¢ each, \$2.00 for a set of 8.

New Vocations Center, San Francisco State College
Hut B - Associated Students, SFSC
333-5127

A resource center for information about alternative work-life styles. Job listings for students, non-students, and conscientious objectors. "We will rap with anyone interested in new vocations, in taking control of your own life." Call for open hours as they vary with the school year.

Berkeley Workreation Council, Inc.

1706 University Ave., Berkeley 94703
548-2281

Jobs during the summer and after school for students 14-18 still attending high school. Must live in Berkeley to be eligible. Work experiences in offices, libraries, schools, playgrounds, parks. During the summer, planned recreation programs are held free of charge. See your high school counselor for applications.

W
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MORE WORK

Department of Human Resources Development (HRD)

This is the state agency. No fee. Your application is fed into a computer which matches it with job openings that come in. They attempt to match professional people as well as industrial, service, and clerical people. Check in the telephone book under "California, State of, HRD" for the office nearest you.

Berkeley Job Rap Center

Berk. Fellowship of Unitarians Education Bldg., 1616 Bonita, Berkeley
841-4824

Informal sessions to expand one's consciousness about jobs and careers. Exploring possibilities for alternative vocations and life styles and providing emergency resource information for person's undergoing job or subsistence crises. Open meetings held Monday eve. each week from 8 - 10 p.m., no charge. All welcome, but emphasis is on people over 30. All volunteer staff.

New Vocations Center

American Friends Service Committee
2160 Lake St., SF 94121
752-7766

"A way station in the network of alternative projects and workstyles." Current emphasis is on consulting with individuals and groups who have identified a direction and need support to keep moving. Call first as the program is in transition. Selected resource materials and publications are available for browsing. Open 9-5, Tuesdays, Wednesdays, and Thursdays.

Street Ministry Job Co-Op

8 Olive Street, Mill Valley
388-7024 and 383-0492

Job referral...mostly day labor, cleaning, gardening, painting, all kinds of odd jobs needed.

House of Love and Prayer

1456 9th Avenue, SF 94122
665-2626 or 731-2261

Part time counselor available to help with job finding, referrals, and individual counseling. Anyone is welcome.

XXXXXX
· RAYS
XXXXXX

Tuberculosis and Health Association
Look in your phone book for nearest office. They offer free chest x-rays and info. on emphysema, air pollution, TB.

XXXXXX



The Makings

2001 University Ave., Berkeley 94704
548-5159

Yarns and weaving supplies. Weaving classes are offered at \$40 for 6 weeks.

Three Bags Full

1035 Guerrero, SF
648-8758

Classes in weaving, caning, basket making, crochet, macrame, dyes. Cost of the classes varies. Large supply of inexpensive wools, imported yarns, basket making supplies, spinning supplies, fleece, and books. Open 11-6, Monday through Saturday.

The Yarn Depot

545 Sutter (Downstairs), SF 94102
362-0501

Sells all kinds of yarns, mostly for weaving. Classes are offered in weaving, stitchery and some needlepoint (\$40 for six four-hour sessions). They also carry looms, books on needlecraft, macrame, etc. There is a lovely little garden in back of the shop.

The Yarn Gallery

1134 Irving, SF 94122
661-6156

Custom-ply yarn. "You can make any combination your heart desires as to color, weight, and texture." Free instruction is given with yarn. Most yarn is 30¢ an ounce; rug yarn is \$2.50 a pound. These seem to be the best prices around.

Dharma Trading Co.

1952 University Ave., Berkeley 94704
Supplies for batik, tie & dye, weaving, knitting, crocheting, needlepoint, rug making, embroidery, macrame...imported yarns, handspuns.

Yo's Knitting Center

1133 Polk St., SF
771-5315

A cluttered and congenial yarn shop. Free individual instruction in knitting and crochet.

YOGA

William Staniger
1542 9th Ave., SF 94122
665-2998

Private and group lessons in Hatha Yoga, asanas and pranayama. Meditation instruction, counseling, and discussion groups. Instructor has spent four years learning and practicing in India.

International Sivananda Yoga Society
1738 1/2 Ninth Ave., SF 94122
564-2497

There is no "course" in the asanas (Postures), but regular daily classes. Anyone may begin in any class without advance notice. Classes are mixed, with men, women of all ages and abilities, with individual instruction according to need. \$2.00 per class. Childrens class (ages 6-10) Friday at 4:30 pm.

Ananda Marga Yoga Society
Corner of Grove St. and
Dwight Way, Berkeley
658-0625

Free Hatha Yoga classes, lectures on Yoga and initiations into meditation.

Classes are Monday at 5 PM and Saturday at 10 AM at the YWCA on Allston Way in Berkeley; also Tuesday and Thursday at 5 PM in the Tilden Room of the Student Union. Sunday evenings at 7:30 there is a group meditation open to all in the Tilden Room.

"We are a Yoga group devoted to service. We seek enlightenment while working within the society rather than retreating from it. We charge no fees because we feel that knowledge of Yoga is a gift, and that no one should be kept from it because of being poor."

Huckleberry House
3830 Judah, SF 94122
731-3921

"Huck's is open 24 hours a day, 7 days a week. Our office is open from 10-10. Services are available to any teenagers who voluntarily decide to use them. All services are available free of charge on a drop-in basis. We also have a 24 hour crisis line. Short term housing (up to a month) is available with parental consent. We will also help in finding alternative living arrangements such as group homes, treatment programs, free schools, live-in jobs, etc. We have a foster home program which helps find foster homes as well as licenses and supervises placement. We can give assistance with family, school, or personal problems and offer family therapy for the teenager and all family members. Emergency medical, psychiatric, and legal services are also available."

Integral Yoga Institute
770 Dolores St., SF 94110
826-8119

1905 Grove St., Berkeley 94704
841-1160

Excellent classes in various aspects of yoga. Classes are offered at all times of the day and evening and cost \$1 per class. There also are children's classes, classes in vegetarian cooking, organic gardening, etc. Family days are held which include chanting, meditation, a vegetarian feast, and a spiritual discussion. Call to find out exact times of classes.

Kundalini Yoga Class

Tilden Meditation Room

5th Floor, Student Union Building

University of Calif. campus, Berkeley

6 p.m. every Monday evening. An integrative approach to yoga combining kundalini yoga, hatha yoga, sensory awareness and yoga massage.

Ananda Yoga Studio

1242 Polk St. (between Bush and Sutter), SF
441-5326

Includes yoga rejuvenation asanas (postures) of health and relaxation, yogic breathing, instruction in concentration and guidance in creative meditation. Classes take place in a spacious studio with soft carpeting, Wed. and Fri. at 6:30 PM. \$20 for 2 months; first class free. "Beginners as well as advanced are most welcome."

Yoga

Taught by Carolyn

1242 Polk St., SF 387-8507

Physical postures, breathing, meditation techniques. For physical and mental health and spiritual growth. Special emphasis on incorporating the lessons of Yoga into daily life, regardless of your life style. Tues. at 6:30 PM. \$2 per lesson.

RAP-Real Alternatives Program
1000 Guerrero St., SF
826-6474

Serves Mission District youth in a variety of ways, particularly in education toward community control...a legal and placement counseling program...drug abuse treatment referrals...street patrol...crisis intervention...a resource center for youth.

Teen Center, Inc.

301 Dowling Blvd., San Leandro 94577

Emergency hotline 569-5438 or office 569-1171

"Christian youth and family counseling (private and group), home placement, 24 hour crisis hotline, street ministry, drop-in center, day and evening program, referral service." No fees and any troubled teen or parents are eligible for their services.



MORE

YOUTH

Berkeley Runaway Center

2430 Dana (basement of 1st Baptist Church), Berk.
849-1402

Part of the Berkeley Youth Alternatives Program...counseling and referrals for kids who have run away from home and have run out of resources...temporary foster home placement...family counseling if desired...help for kids to call their parents if they want to...they will see anyone under 18 to let them know what options are available to them so that they can make their own intelligent decision...open 12-10, M-F and 5-10 on Sat. 24 hour answering service.

Horizons Unlimited

3001 22nd St., SF
285-2172

A high school drop-out prevention program. Those in the program must be ages 14-18, must meet the poverty guidelines set by the government, must live in the Mission, and must be in high school working towards a diploma. Those with the greatest need are taken into the program first. Participants are given part time jobs in fields which they are interested in exploring. They also have counseling sessions and the staff will help them to deal with any problems they might have. Trips and programs are also planned for the high schoolers. The staff is bilingual and the office is open 9-6, M-F.

Street Ministry

8 Olive St., Mill Valley
388-7024 and 383-0492

Sponsored by a group of nine churches in southern Marin County called "Team", the Street Ministry staff are a non religious group concerned with survival and young people. They have a lounge and there's always a staff member on hand. The office is open roughly from 9 to 5.

Marin County Youth Commission

Room 163, Hall of Justice,
San Rafael, Calif. 94903
479-1100, Ext. 2821

A group of 10 high school age youth and 2 adults which serves as a sounding board for youth in the county. Funded by the Board of Supervisors, the budget includes \$1,000 operating expenses and \$8,000 which is given away to be used as seed money for new youth activities in the county. The commission has developed a countywide high school newspaper and is interested in working with the cities in the county to develop Youth Center. It is also interested in developing a Student Bill of Rights.

Bay Area Big Sisters

P.O. Box 2734, SF 94126
982-9568

This is a group of volunteer women who are concerned about kids who are lonely, troubled and/or confused. Big sisters are matched on a one-to-one basis with little girls between the ages of 6 and 16. Little sisters can be referred by schools, agencies, or their parents.

Big Brothers, Inc. of the S.F. Bay Area

86 Third St., SF
989-1250

This is a volunteer agency in which one man works on a one-to-one basis with a boy from a fatherless home. Any boy 7-16 years of age can be referred (self-referral is fine) for a Big Brother. No fees are charged.

Pleasant Hill Youth Center

39 Boyd Road, Pleasant Hill
933-2373

Sponsored by the City of Pleasant Hill, this center offers youth employment, youth projects, and nightly entertainment (pool table, games, records, volleyball, etc.). Open M-F, 9-5 and 7-10



MORE YOUTH

The Switching Yard

Youth Volunteer Bureau

930 Tamalpais Ave., San Rafael, Ca. 94901

A volunteer program for youth to get involved in their community. "What are you needing these days? What does your community need? Is there a connection? We'll help you find out."

Mission Rebels in Action, Inc.

674 South Van Ness, SF

431-2224

Self-help organization of multi-ethnic youth, they have renovated an old building which serves as headquarters and community center with recreational facilities, classes in drama, self defense and other subjects. They have a program for help with drug abuse, jobs for Mission youth, and they operate several food stamp outlets to provide jobs and help raise funds for their programs (see Food Stamps). They are planning a breakfast, lunch, and dinner program for elementary school children in the Mission.

Mas Vida

242 A & 244 Capp St., SF

864-3220

A new program sponsored by the Office of Education. A comprehensive service program for 12-21 year olds mainly from the Mission District. The program is oriented to what kids can do to help themselves. There is a crisis referral service, a drug education program, preparation for the G.E.D., arts and crafts, excursions, and supplements to public school education such as remedial reading and math and tutorial help. Eventually there is hope that the program can help kids set up their own small businesses.

Energy

1811 34th Ave., SF

681-2500

A youth resource center in the Sunset Community which seeks to provide young people with opportunities for helping one another. Services range from counseling to Friday night "gigs" and include discussions, community supportive groups, tutoring, foster home services, street work and legal counseling. The drop-in center is open M-F from 10 a.m. to 10 p.m. Classes in sewing, spinning, macrame, tie-dye, cooking, Yoga, guitar and piano are available to community youth.

Social Advocates for Youth

P.O. Box 2344, Pleasant Hill 94523

825-7770

One-to-one matching of college-age volunteers and troubled youth and social change through youth advocacy.

Telegraph Community Center

5316 Telegraph Ave., Oakland

665-0728

A recreation and drop-in center, open 7 days a week, for teen-agers of north Oakland.

Youth Service Bureau

1668 E. Santa Clara St., San Jose 95116

251-7462

Aimed at helping youngsters in trouble before they reach Juvenile Probation, this service tries to prevent juvenile delinquency through a multi-service, family approach. They offer direct counseling, intensive group work, drug counseling, and a Big Brother and Big Sister program. For people under 18 years old who are not on probation. Open 8:30-7:00 pm, M-Th and 8:30-5:00 on Fridays. No charge for services.

Salt of the Earth

6634 Mission St., Daly City

992-9414

A federal program which is aimed at orienting youth to doing community work. The group meets every Tuesday at 7:30 at the Daly City Information and Referral Center, 6636 Mission St., Daly City. This program is aimed at the 14-25 year old group in Daly City and Brisbane.

Menlo Park Recreation Department Teen Center

1389 Willow Road, Menlo Park

323-6267

Provides a variety of recreational and educational activities for teenagers. Activities range from tutoring to gourmet cooking classes. Open Mon., 1-10 pm, Tues. and Thurs., 8:30-10 pm, Fri., 8:30-11 pm, and Sat., 1-10 pm.

The Advocate Project

3616 Lawton St., SF

665-3596

Establishes a year-long one-to-one relationship between a volunteer and an 8-14 year old child. During the year the volunteer acts as the child's social advocate and friend, and also as a catalyst/reinforcer for meaningful behavior.



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Alan Watts Recordings

KSAN Radio (95 on the dial)

Every Sunday morning at 9 o'clock, recordings of Alan Watts' lectures are played on KSAN...a palatable dose of Zen philosophy.

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